OBAMA TACKLES U.S. CLIMATE POLICIES, PG 8

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Celebrity Buzz

Kanye West opts for a name change
pg 22

Putting budget to work

Tories to reveal spending plan

Billions of dollars in tax breaks for the middle class, including incentives for home renovations, are expected to be unveiled today as the Conservatives seek to maximize a bang for the buck in their big-spending budget.

The tax cuts will highlight a massive economic bailout plan with tens of billions of dollars in new federal spending and tax measures, $2 billion in help for the jobless, cash for the auto industry, $7 billion for urban reconstruction and measures to free up consumer and business loans.

The government is planning a series of tax initiatives, which will include incentives for home renovations to revive the building trades during the recession.

Canada 2009
Federal **Budget**

"Some of those tax initiatives will involve getting money in consumers' pockets, so that ordinary people — working-class people, middle-class people — can spend money. These will also be affordable, good tax reductions for the long term," Prime Minister Stephen Harper told CTV yesterday.

Broad-based tax cuts, however, are risky for the Conservative minority government, which is under threat of defeat from the opposition parties. The Liberals, who hold the key to the Harper Tories' survival, have said they will try to vote down the government if the budget slashes income taxes.

Details of the budget will be officially unveiled in Parliament today at 1 p.m.

TORSTAR NEWS SERVICE

BUDGET WISH LISTS, PG 3
THRONE SPEECH, PG 6
INFRASTRUCTURE, PG 11

BLAIR GABLE/REUTERS

Finance Minister Jim Flaherty tries on his "budget shoes" at a store in Gatineau, Que.

B.C. Bike Race **Ultimate trial in mountain biking**

JEFF HODSON/METRO VANCOUVER

Andreas Hestler, spokesperson for the B.C. Bike Race, is shown at the Lions Gate Bridge yesterday where mountain bikers from around the world will begin this year's event before tackling the North Shore Mountain trails. The race ends in Whistler. More than 400 riders are expected to take part in the seven-day race, which starts June 28. **Metro exclusive, pg 4**

2 officers face charges in alleged assault

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Vancouver police announced yesterday they've recommended charges against two of the three metro Vancouver police officers who allegedly assaulted a newspaper delivery man on Burrard Street last week.

A New Westminster officer is facing charges of assault and possession of stolen property while a second officer from West Vancouver is facing robbery charges.

Chief Const. Jim Chu said there isn't enough evidence to charge the third officer from Delta, adding that he may have even tried to intervene.

IDs withheld

- The names of the officers won't be released until the Crown approves the charges.

The men, who were off-duty at the time of the alleged incident, have been accused of robbing and assaulting Firoz Khan, 47, in the early morning of Jan. 21.

Khan said one of the officers yelled racial slurs in what he called an unprovoked attack.

Chu said police aren't pursuing the attack as a hate crime because Khan can't say which man verbally abused him.

West Vancouver Cpl. Fred Harding said yesterday the department has received "substantial" evidence against its officer.

"Chief Const. Kash Heed personally expresses his sincere and heartfelt apology," Harding said.

Chu said the alleged attack has "angered and frustrated" his colleagues in law enforcement.

"This incident is an aberration that can not and will not ever be tolerated," he said.

New Westminster police Chief Const. Lorne Zapotichny called the allegations "serious and disconcerting."

He added that the officer in question will be afforded "the same due process as any other member of the public."

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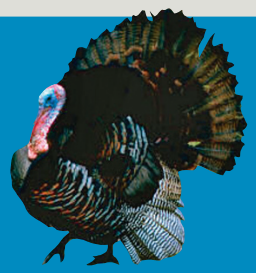
Terrace nets finalist spot in Hockeyville 2009
Terrace has been announced as the first of five finalists in CBC Sports' Hockeyville 2009, a competition to crown Canada's most spirited hockey community. The winner will get to host an NHL pre-season game and receive $100,000 for arena upgrades. **CBC NEWS ONLINE**

Local



Final turkeys to be culled today

The last of 60,000 turkeys that might have been infected with avian flu will be culled in Abbotsford today. Some birds at the E & H Farm were found to be carrying a strain of the virus last week. Around 24 farms around the contaminated property will remain under quarantine for the next three weeks. METRO VANCOUVER

Lunar New Year **Police boogie**

JEFF HODSON/METRO VANCOUVER

The Vancouver Police Department's lion dance team helps ring in the Lunar New Year with Mayor Gregor Robertson outside of city hall yesterday.

Immigration officers recall Dziekanski as calm, respectful

INQUIRY Robert Dziekanski was calm and respectful in the hours leading to his death at Vancouver International Airport, an immigration officer told an inquiry yesterday.

Kelly McKenzie's account goes against police claims that the Polish immigrant was agitated and erratic as he waited to meet up with his mom on Oct. 14, 2007, according to CBC News.

Another officer, Alexandra Currie, said she communicated with Dziekanski using hand gestures during the roughly 10 hours he spent wandering around YVR. Dziekanski, who didn't speak English, signaled he had fallen asleep at some point, Currie said.

This second phase of the Braidwood Inquiry aims to determine what happened in the hours leading to Dziekanski being Tasered multiple times by four RCMP officers and dying shortly after.

METRO NEWS SERVICES

metronews.ca
WHAT'S ONLINE TODAY

Video The Tories announce billions in infrastructure funding, and Michael Ignatieff accuses the government of having a "split personality" at **metronews.ca/canada**

Blogs SAG, Golden Globes, LAFCAs and Razzies: Hollywood Rants on how awards show fatigue is killing the Oscars at **metronews.ca**

Your Money Allan Small on finding an investment adviser at **metronews.ca/investing**

News in brief

PUPPIES Police say the same gun used in the recent shooting of a Surrey woman was also used in the robbery of three expensive purebred puppies. Two people have been arrested and RCMP are looking for a third suspect. The puppies were found and returned to their owners.

DEBT Mayor Gregor Robertson has sent an email asking supporters for donations to help pay Vision Vancouver's debt, cknw.com reports. Party spokesperson Marcello Munro said donations of $25 or more are entered into a draw for a VIP ticket to attend a fundraiser.

METRO NEWS SERVICES

Federal Budget Wish List

Housing among priorities

JEFF HODSON
jeff.hodson@metronews.ca

Social housing, transportation and sewage infrastructure topped the wish list of B.C.'s largest cities yesterday on the eve of a heavy-spending federal budget that is expected to leave Canada with its first deficit in more than a decade.

Capital spending and tax cuts aim to stoke Canada's flagging economy, but are projected to result in a $64-billion deficit over two years.

Ottawa
• Premier Gordon Campbell, who said housing and highways are his priorities, will be in Ottawa for the budget announcement.

"We've got a long list," said Vancouver Mayor Gregor Robertson by Vancouver city hall yesterday. "I've shared that with members of Parliament and hopefully we see some action."

Vancouver wants funding for new social housing units and money to accelerate the completion of the Millennium Line along Broadway to the University of B.C.

Robertson also wants money for smaller transportation projects like bike greenways and for upgrades to sewage and water infrastructure.

Robertson said he heard the federal government's commitment to social housing will focus on renovations and restoring the infrastructure, not building new units.

"I'm disappointed on the social housing front to not see an immediate commitment to new social housing unit," Robertson said.

Last week, Surrey Mayor Dianne Watts presented a list of 34 "shovel-ready" projects — worth $900 million — to Finance Minister Jim Flaherty, Transport Minister John Baird and International Trade Minister Stockwell Day.

Topping her list are sewage-system upgrades in Bridgeview and South Westminster and the upgrading of 96th Avenue.

"Any of those projects would be fabulous," said Watts yesterday.

National **Wish** Lists

Budget priorities from Metro newsrooms across the nation

HALIFAX

Nova Scotia Premier Rodney MacDonald is looking for green stimulus funds, but said some new projects, like twinning highways, need to be done. MacDonald also listed education, the Atlantic Gateway and more employment insurance money as priorities.

Halifax Regional Municipality Mayor Peter Kelly said he hopes the money is distributed like gas tax funds are currently, which are the "quickest hit" for funding.

TORONTO

Accelerating infrastructure projects and getting shovels in the ground are two priorities that Toronto Mayor David Miller and Ontario Premier Dalton McGuinty hope they can act on. That is, if today's federal budget comes through with the required federal funding both leaders seek.

Politicians have complained Ottawa has made repeated promises of cash from a $33-billion federal infrastructure fund, but the money remains in limbo, stalling projects.

ALBERTA

The mayors of Alberta's two largest cities agree that today's budget announcement must address municipal infrastructure in each city.

"Edmonton would benefit from more ... infrastructure projects like expanding our LRT, finishing our overpasses ... and building new recreation centres," Edmonton Mayor Stephen Mandel said.

In Calgary, Dave Bronconnier agreed, saying, "infrastructure and housing. Those are the two priorities that will keep the economy moving."

Premier Ed Stelmach called for more support for "individual Albertans," focusing on issues such as airport fees and the cost of credit card transactions to small businesses.

OTTAWA

The mayor of Ottawa has new funding for the city's infrastructure on his wish list.

Aimed at creating jobs and boosting the economy, yesterday's announcement of $7 billion in infrastructure spending by Minister of Transport, Infrastructure and Communities John Baird will leave a lasting legacy on the city, Mayor Larry O'Brien said.

"The city of Ottawa needs to be in the best possible position to take advantage of this new funding from the federal government as soon as it becomes available," said O'Brien.

Vancouver housing prices fall 6% in fourth quarter, survey says

REALTY Vancouver housing prices in the fourth quarter of 2008 were on average six per cent lower than in 2007, according to a survey released yesterday by Royal LePage Real Estate Services.

The average condo price at the end of 2008 was about $405,000, compared to $428,250 in 2007. Similar differences can be seen in bungalows as well as two-storey houses.

Bill Binnie, president of Royal LePage Northshore, said the turn was expected as people became unable to afford the rising prices.

"The inevitable correction just happens to fall during a time of economic turmoil," he said.

With Olympics around the corner, he said Vancouver is in a great position to recover. TARYN MCELHERAN/ FOR METRO VANCOUVER

Religious tensions result in brawl at ball hockey tourney

A Muslim ball hockey tournament was shut down by police after a brawl erupted, possibly over religious tensions. The father of two of the players said his sons were singled out because they weren't Sunni Muslims. CKNW.COM

More women getting into budgets

KRISTEN THOMPSON
kristen.thompson@metronews.ca

ECONOMY As the economic meltdown takes its toll on pocketbooks, Canadian women are adopting a more take-charge attitude toward their finances than in the past, many even considering postponing their retirement.

A recent survey released by Desjardins Financial Security found that 28 per cent of female respondents ranked budgeting as their top financial priority this year, while paying off debts was the second priority.

"Women may be getting over what you could call the Sex and the City money mentality, where the main characters did not give much thought to saving for a rainy day," said Karrina Dusablon, director, Education Centre and Global Management at Desjardins Financial Security.

Tackle the B.C. mountains

Some of the world's best expected to compete in mountain bike race

JEFF HODSON
jeff.hodson@metronews.ca

The third edition of the B.C. Bike Race will start on the picturesque Lions Gate Bridge and will run the legendary trails of the North Shore.

The race, a seven-stage endurance event, is geared as the ultimate trial for weekend warriors and attracts some of the world's top mountain bikers.

It begins June 28 on the Lions Gate Bridge and ends July 4 in Whistler.

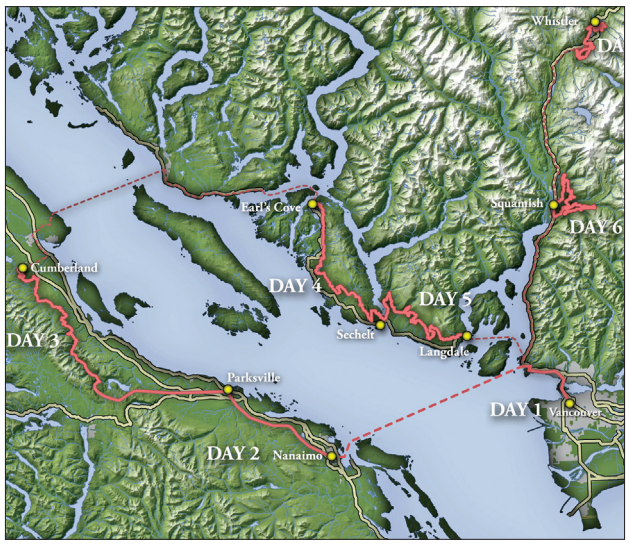
"If you are a mountain biker — this is your goal," said race spokesman Andreas Hestler. "It's seven days of the finest singletrack in the world."

The race sold out in its first two years, drawing 200 riders in 2007 and 400 in 2008.

Hestler said the 2009 race is 68 per cent sold. Despite a softening economy and a handful of new competing races launching around the world, he anticipates that it will be sold out by the end of February.

At the request of participants, and the evolution of the race itself, the B.C. Bike Race this year will include the renowned North Shore trails.

"The North Shore of Vancouver for mountain biking is like the North Shore of Hawaii for surfing," said Hestler. "It's a legendary place where people come from all over the world to ride their bikes."



MAP COURTESY B.C. BIKE RACE

The B.C. Bike Race spans seven days on Vancouver Island and the Mainland. It begins June 28 in Vancouver and ends July 4 in Whistler.

PHOTO COURTESY DAVE SILVER

A participant takes part in the B.C. Bike Race.

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Expect some of the white stuff

KRISTEN THOMPSON
kristen.thompson@metronews.ca

WEATHER Get ready to bust out your shovels, snow scrapers and winter boots again. A snowfall warning has been issued for Metro Vancouver, with as much as 10 centimetres expected to fall by this evening.

John McIntyre, a meteorologist with Environment Canada, said while the dump will be "significant," Vancouverites needn't worry about a repeat of December, when snowstorms crippled the city and stranded holiday travellers.

"This looks like a fairly fast moving front and it will be going through in a few hours … and it's going to warm up a couple of days (later)," McIntyre said.

"The longer range (forecast) looks more typical of Vancouver January and February weather."

McIntyre said Environment Canada issues snowfall warnings in Vancouver when five or more centimetres are expected in a 24-hour period. "We have criteria for all warnings and they differ depending on what region you're in," he said. "It's (based on) impact. Five centimetres here doesn't happen very often, so when it does it's a major inconvenience."

Middle class' access to justice hurt by poor economy: Group

LAW The recent economic downturn will make it harder for middle class people to access the justice system, according to the Law Society of B.C.

Middle class people don't have a low enough income to qualify for legal aid or free services. With the high cost of trials they usually have to consider second mortgages or dipping into their children's education funds to defend their civil rights, the group said.

Gordon Turriff, president of the Law Society of B.C., said a public forum is being held tomorrow night to discuss solutions.

"There are lots of hurdles to access to justice," Turriff said. "Money is one of them. There are also language and cultural barriers. It's a multi-faceted problem."

Beverley McLachlin, Chief Justice of Canada, is the keynote speaker. Representatives from the First Nations, immigrant organization SUCCESS and a private family law judge from California are also taking part.

"The more thinkers (at the forum) the more likely it is to produce a better situation," Turriff said.

METRO VANCOUVER

Forum info

- The forum, Clearing the Path to Justice, will be held tomorrow at 6 p.m., at the Morris J. Wosk Centre for Dialogue, at Simon Fraser University, 580 W. Hastings St.

Cruelty charges in horse abandoning

ANIMALS Charges of animal cruelty have been submitted in the case of two horses abandoned in the snow, according to the B.C. SPCA.

The rescue on Dec. 23, 2008 made headlines after volunteers spent a week digging a one-kilometre ditch through the snow to reach the horses near McBride, 200 kilometres east of Prince George.

The horses' owner, Frank Mackay, said the snow had kept him from being able to reach the horses since he left them there in September.

The SPCA said if the charges are approved Mackay could face a fine of up to $5,000 and up to six months in jail.

TARYN MCELHERAN
/FOR METRO VANCOUVER

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Manitobans buck green trend

Manitobans are bucking the green trend by throwing away more garbage than ever before, earning the dubious distinction of being the worst recyclers in the country. Statistics Canada says that although 97 per cent of Canadians who have access to recycling programs use them, only 88 per cent of Manitobans do. **CBC NEWS ONLINE**

Canada

A new use for Aspirin

Aspirin is at it again. And this time, it's the liver's turn to benefit. According to a new study, you can likely add liver protection from drugs, alcohol and other blood-borne toxins to the list of medical benefits acetylsalicylic acid can claim, including use to prevent or alleviate arthritic inflammation, heart attacks, stroke and several types of cancer. TORSTAR NEWS SERVICE

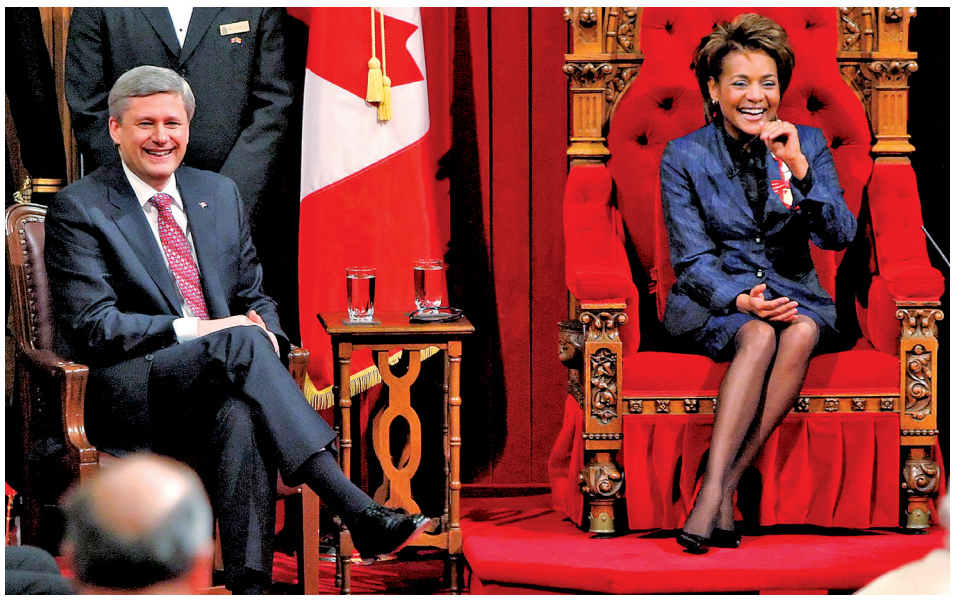
Speech sets stage for budget

Canada 2009
Federal **Budget**

Words aside, the numbers are what count, and today's federal budget was always the main event.

The speech from the throne, delivered yesterday by Gov. Gen. Michaëlle Jean, reopened the 40th Parliament with a brief, gloomy prelude to the budget that the government has already said will bring tax relief and about $13 billion in new spending.

There were none of the usual trappings of throne speech day: No honour guard, no red carpet, no fanfare for the arrival of the Queen's representative. A –32 C wind chill ruled out a 21-gun salute.



CHRIS WATTIE/REUTERS

Gov. Gen. Michaëlle Jean and Prime Minister Stephen Harper laugh before the speech from the throne in the Senate chamber on Parliament Hill yesterday.

The speech — 3½ pages long, in contrast to the 16-page address delivered by Jean two months ago — was austere in its outlook, but more conciliatory in tone.

In a world "threatened by a struggling economy," Prime Minister Stephen Harper called on the spirit of co-operation that prevailed during other "times of great crisis" — war, economic depression and "moments when great policy division tugged the very bonds of this union."

The Conservative government said it will "spend what is necessary" on an economic stimulus plan to revive the ailing economy.

The speech referred to direct federal investment in infrastructure, action to ensure easier access to credit for businesses and consumers; and support for the ailing forestry, manufacturing, automotive, tourism and agriculture sectors.

There was no reference to the "permanent" tax relief Harper himself signalled in interviews on the weekend and again yesterday in an interview with CTV.

The speech used language employed in the past two weeks by Liberal Leader Michael Ignatieff, in a signal that the Conservatives want to meet his requirements.

TORSTAR NEWS SERVICE

Canada 2009
Federal **Budget**

Upcoming Coverage

Tomorrow

- **The breakdown on who gets what**
- **Reaction from the Opposition coalition**
- **Profiles on locally affected families**
- **How did Canada's major cities fare?**
- **Will the auto industry get help?**
- **Infrastructure and the environment**
- **Social housing and the Tory plans for EI**
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U.S. lumber group upset over potential forestry aid

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TRADE Ottawa's plans to aid the struggling forest industry could violate a lumber trade agreement with the United States, a U.S. lumber producers' organization warned yesterday.

The federal budget, set to be unveiled today, is expected to include $150 million to promote wood use and $1 billion to aid single-industry communities coping with the economic downturn.

The spending could violate the terms of a trade deal that prohibits Canada from subsidizing its lumber producers, according to the U.S. industry group, the Coalition for Fair Lumber Imports, which has spearheaded past trade complaints against Canada.

"Hopes that the 2006 Softwood Lumber Agreement would help level the playing field against subsidized Canadian lumber are being dashed by Canada's systemic disregard for its commitments under the agreement," the group said. **REUTERS**

Denial

- Government and industry officials deny the expected spending is a subsidy that would violate the treaty because the aid does not go directly to producers and is available to help other, non-forest industries.

News in brief

DISCRIMINATION The Canadian Human Rights Tribunal ruled yesterday that Air Canada discriminated against a deaf and partially blind man by saying he could only fly with an attendant when he wanted to fly alone. The tribunal ordered the airline to pay Eddie Morten $10,000 plus interest for pain and suffering stemming from the August 2004 incident.

VISAS Canada refuses more visitors' visas from Iran than almost any other country, a group of Iranian lawyers says it has learned through an Access to Information request.

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Capilano Mall
PORT COQUITLAM
Prairie Mall
Shaughnessy Station
RICHMOND
8900 No. 1 Rd.
192-8180 No. 2 Rd.
8360 Granville Ave.
Garden City Shopping Centre
Ironwood Plaza
SURREY
8112 120 St.
10340 152 St.
101-7175 138 St.
8934 152 St.
Cedar Plaza
Peninsula Village Shopping Centre
Surrey Place
Clover Square Village
TSAWWASSEN
Bayside Shopping Centre
VANCOUVER
2097 Broadway W
1674 Davie St.
2696 East Hastings St.
5503 West Blvd.
8377 Granville St.
1295 Davie St.
2200 York Ave.
1027 15th Ave. W
Victoria Square
Pacific Centre
VICTORIA
2631 Quadra St.
Canwest Centre – Eastgate
1099 McKenzie Ave.
102-1567 Cedar Hill Cross Rd.
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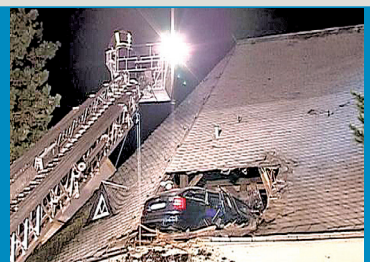
Infant death from suffocation has quadrupled in the U.S., researchers say

Rates of sudden infant death from suffocation or strangulation have quadrupled in the past 20 years in the United States, most apparently from parents sleeping with their babies, government researchers reported yesterday. Black male babies are the most affected, but it is not clear why. REUTERS

World



Car crashes into church roof

A German motorist missed a bend in the road, broke through a barrier and hurtled up a bank, crash-landing on a church roof in eastern Germany, police said yesterday. The bank propelled the black Skoda about 35 metres forward and straight into the church's roof frame, where it remained wedged seven metres off the ground. The 23-year-old driver suffered serious injuries. REUTERS

Obama tackles Bush climate policy

U.S. President Barack Obama began reversing the climate policies of the Bush administration yesterday, clearing the way for new rules to force automakers to produce more fuel-efficient and less polluting cars.

The president told the U.S. Environmental Protection Agency to reconsider immediately a request by California to impose its own strict limits on vehicle carbon dioxide emissions, blamed for contributing to global warming.

Former president George W. Bush's administration had denied the request, prompting California and other states to sue.

"The federal government must work with, not against, states to reduce greenhouse gas emissions," Obama said.

"My administration will not deny facts, we will be guided by them."

Obama's directive, likely to result in a formal change in the coming months, could prompt as many as 18 states to follow California's lead.

Obama also directed the Department of Transportation to introduce stricter fuel efficiency standards on 2010 model vehicles, giving ailing auto firms 18 months to prepare. REUTERS

Striving for peace

- Obama vowed yesterday that his new Middle East envoy George Mitchell would vigorously work for Israeli-Palestinian peace, and was confident he would achieve concrete results.

Law bans retaliation in sex harassment cases: U.S. court

WORKPLACE An employee is protected from being fired for answering questions during an employer's investigation of sexual harassment, the U.S. Supreme Court ruled yesterday.

The unanimous court ruled that anti-retaliation provisions for employees who report workplace discrimination also extends to an internal investigation of a supervisor or worker.

"Nothing in the statute requires a freakish rule protecting an employee who reports discrimination on her own initiative but not one who reports the same discrimination in the same words when her boss asks a question," Justice David Souter said.

The ruling decided an important workplace issue. Federal lawyers said victims would be unwilling to cooperate in employer investigations if they faced punishment like the loss of their jobs. REUTERS

News in brief

GAZA European countries pledged yesterday to study ways to stop arms smuggling into the Gaza Strip, including specialized equipment. Israel has said Hamas used tunnels between Gaza and Egypt to transport weapons.

ZIMBABWE A summit of leaders said yesterday it had made a breakthrough in creating a deal for forming a unity government, deciding that opposition leader Morgan Tsvangirai should be sworn in as prime minister by Feb. 11. REUTERS

Congo **Break from battle**

ALISSA EVERETT/REUTERS

A government soldier carries her infant on her back yesterday at Mushake in eastern Congo. Congolese Hutu rebels said on Sunday they had clashed for the first time with a Rwandan-Congolese force deployed to crush them. Civilians expressed fears they would be caught in the violence.

Medic charged with extortion in Travolta plot

BAHAMAS A Bahamian paramedic pleaded not guilty and was held without bail yesterday on charges he conspired to extort $25 million US from John Travolta after the actor's son died in the Bahamas this month.

Bahamian police said last week they were investigating a complaint by Travolta of an extortion plot against him. Neither police nor prosecutors have elaborated on the nature of the scheme.

Prosecutors allege the paramedic, Tarino Lightbourne, 47, tried to extort Travolta by means of threats. They also charged him with forgery.

Magistrate Carolita Bethel adjourned his hearing until tomorrow, when a former senator, Pleasant Bridgewater, is due in court to face charges of conspiracy to extort and abetment in connection with the case.

Bridgewater was granted bail of $40,000 US during the weekend and vowed to fight what she called "untrue and unfair" charges.

Jett Travolta, 16, was found unconscious on Jan. 2 at his family's home in the Old Bahama Bay resort on Grand Bahama Island, where family and friends were staying. REUTERS

Star Trek's first couple going for a final voyage to space
Star Trek creator Gene Roddenberry and late wife Majel Barrett Roddenberry are about to go on their final mission. The Roddenberrys' ashes will be shot into space in about a year and a half, in accordance with their wishes, memorial spaceflight company Celestis Inc. said yesterday. REUTERS

U.S. wins copyright case against China

The United States claimed victory yesterday in a groundbreaking World Trade Organization case against China for failing to protect and enforce copyrights and trademarks on a wide range of goods.

"Today, a WTO panel found that a number of deficiencies in China's IPR (Intellectual Property Rights) regime are incompatible with its WTO obligations," U.S. trade representative Peter Allgeier said in a statement. "We will engage vigorously with China on appropriate corrective actions to ensure that U.S. rights holders obtain the benefits of this decision."

$3.7 billion US in lost sales

- The International Intellectual Property Alliance, a coalition of U.S. music, movie, book and software industry groups, conservatively estimates that piracy in China costs them more than $3.7 billion US in lost sales.

Washington launched the dispute in 2007 out of frustration at ripoffs of films, branded goods and other trademarked property openly available in Chinese cities. The United States persuaded the dispute settlement panel that China violated WTO rules by barring copyright protection. REUTERS

Bolivia's Morales aims for change

CONSTITUTION Bolivian President Evo Morales claimed victory as voters approved his leftist constitution, but opposition leaders may try to stall its implementation as they prepare to challenge him in December elections.

Passed with about 60 per cent support in a referendum on Sunday, the constitution aims to give Bolivia's indigenous majority more power, lets Morales run for re-election and hands him tighter control over the economy.

Morales took office three years ago and is popular among the poor and Aymara, Quechua, and Guarani indigenous groups that have suffered centuries of discrimination in South America's poorest country.

Between 55 per cent and 60 per cent of the population is indigenous. REUTERS

Bio

- An Aymara Indian and former leader of coca-leaf farmers, Morales is Bolivia's first indigenous president.

200 homes destroyed in China quake

DISASTER Thousands of people have been made homeless by an earthquake on Sunday in remote Qapqal, in China's far western region of Xinjiang near the Kazakh border, the Xinhua news agency said yesterday.

The earthquake, which measured 5.0 on the Richter scale, hit an area inhabited by the Xibe people, a community originally from Manchuria that established a frontier garrison in Xinjiang during the Qing dynasty.

It destroyed nearly 200 homes and damaged nearly 3,000 buildings on Sunday morning. No casualties have been reported so far. REUTERS

U.S. seeks direct talks with Iran

NUCLEAR The U.S. ambassador to the United Nations said yesterday the new U.S. administration would make Iran's nuclear program a top diplomatic priority and would pursue direct talks with Tehran.

"We look forward to engaging in vigorous diplomacy that includes direct diplomacy with Iran," Ambassador Susan Rice told reporters yesterday. REUTERS

News in brief

POLITICS Impeached Illinois Gov. Rod Blagojevich, defending himself in television interviews but not in person, went on trial in the Illinois Senate yesterday, less than two months after his arrest for trying to sell the U.S. Senate seat once held by President Barack Obama. REUTERS

Pirates kill Greek ship captain

AFRICA A Greek sailor was shot dead by pirates off the coast of Cameroon at the weekend, the state radio broadcaster said yesterday, the latest in a series of attacks on shipping vessels in African waters.

Around 30 armed pirates travelling in three boats seized one Greek vessel on Saturday in the Atlantic off Kribi, south of the main port city Douala, and were taking it towards international waters when a sister ship gave chase.

"The pirates then opened fire on the second vessel, climbed into the cabin and shot the captain ... three times in the neck," the radio report said.

Shipping lanes off both the east and west coasts of Africa have become increasingly dangerous in recent months.

The Greek merchant marine ministry identified the victim as Theodoros Mastaloudis.

The pirates robbed the crew of the second ship before abandoning both vessels and escaping in their own boats, state radio said. The Cameroonian navy rescued the 40 surviving crew members of the two Greek ships later on Saturday. REUTERS

Increasing danger in the Gulf of Guinea

- The United Nations and western law enforcement agencies have said they are concerned about piracy in the Gulf of Guinea, especially off Cameroon and major oil producer Nigeria. Gunmen have used fast launches to raid and rob banks and ships in an area where Niger Delta oil militants are already fighting Nigerian government forces.

Mumbai **A tall tribute**

ARKO DATTA/REUTERS

Gaurav Sharma climbs the 45-storey Shreepati Arcade in Mumbai, India, yesterday. He climbed the city's tallest building as a tribute to the victims of the militant attacks in Mumbai two months ago.

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Comment & Views

Comment

PM's credibility dwindling

NationalReport

"He's starting to sound like a New Democrat," Jack Layton said yesterday, speaking of Stephen Harper.

The NDP leader, alluding to plans in the Conservative budget to invest in social housing, was describing how the government would do anything to survive. Anything.

Yesterday was the throne speech highlighting a new tone of bipartisanship. Today will be the neck-saving budget. We can say neck-saving because more than half the budget has already been deliberately leaked as part of Mr. Harper's effort to strategically manipulate the news agenda.

The multibillion-dollar fiscal stimulus combined with tax cuts will likely be enough to satisfy Liberal Leader Michael Ignatieff, who doesn't want an election now and who will argue that his party forced the government's hand. The bottom line is that a prime minister chastened by his near-calamity last fall will live to see another day.

His sense of desperation has seen him enter into a contradiction of staggering dimension, one of the biggest flip-flops Ottawa has ever seen. Only two months ago the government was assuring one and all that, in the words of Finance Minister James Flaherty, "The days of chronic deficits are behind us."

Canada 2009 Federal Budget

This was after Mr. Harper promised in the election campaign that there would be no deficit. Then last week, the government announced there would be five years of deficits. Not just any deficits. But huge deficits — $64 billion over the next two years.

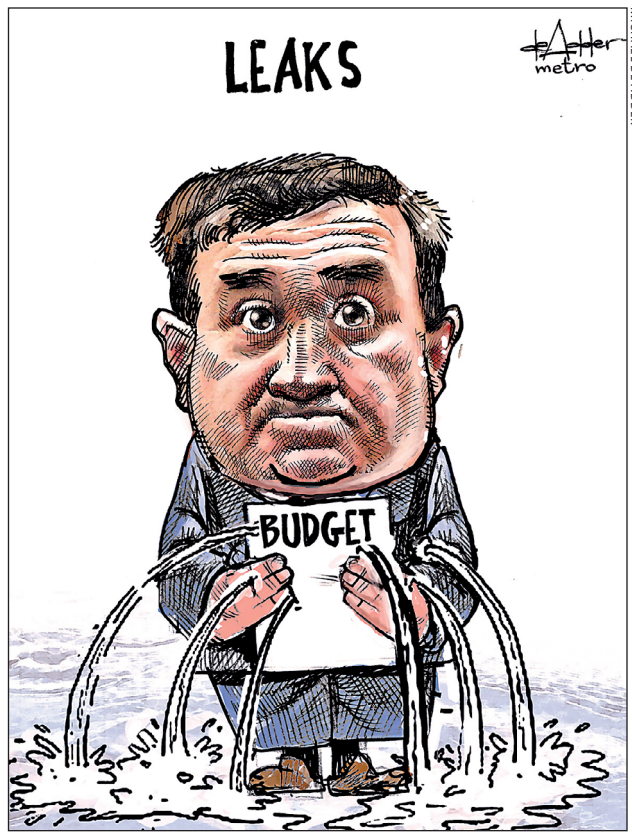
The amazing about-face constituted the toughest challenge for the PM to surmount. But his adroit use of pre-budget leaks has done the deed. The folks in the Prime Minister's Office know that the media only hangs on to a story until the next good one comes along. So after leaking the $64-billion story, they followed it with other pre-budget news. The story of the stunning deficit reversal was a one-day wonder.

It's not a question of whether big deficits in this teetering economic climate are necessary. They may well be.

But what it does highlight is once again the question of credibility. Again it is clear with this government that it is all about political manipulation, of taking advantage of the gullible, of thinking that the people will forget what was stated categorically before and believe the Harper team now.

"It's all about 'doublespeak,'" Mr. Ignatieff said. "The stubborn reality is a problem of trust."

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

National securities regulator needed now

InBusiness

In Canada, there's nothing as resistible as an idea whose time has come. Thomas Hockin, chair of the Expert Panel on Securities Regulation in Canada, says the time is right for the creation of a national securities regulator.

Of course, some have been saying this since 1935, when the suggestion was first aired by the royal commission on price spreads. Hockin's panel wants to replace our fragmented system of 13 provincial and territorial securities commissions with one regulator that will make public companies more accountable while eliminating overlaps and unnecessary compliance costs.

Were it not for parochialism and myopia (mainly in Alberta, B.C. and Quebec), we might already have a national commission. Indeed, the federal government, mainly in the person of Finance Minister Jim Flaherty, has decided to ignore constitutional and court challenges and create a national regulator anyway. Expect an announcement in the budget announcement today.

Investors shouldn't breathe any sighs of relief, though. A national regulator is a necessary foundation for sound market regulation, but it's only one pillar of a viable system.

For Canadian and foreign investors to have genuine confidence in our capital market, we need much more. We require truly vigorous enforcement, a knowledgeable judiciary that can

Canada 2009 Federal Budget

move with relative speed and impose meaningful penalties when necessary, and an auditing regime that ensures the fullest possible disclosure and transparency for public companies. The status quo is clearly unacceptable.

Despite rare exceptions such as the Research In Motion stock option accounting case, wrongdoers usually go unpunished. In some cases, notably Bre-X, no one is ever found accountable.

No commission, national or otherwise, will succeed unless the RCMP's lacklustre integrated market enforcement teams are replaced with something better funded and better directed, such as a new National Enforcement Branch as part of the new regulatory structure suggested by Hockin's panel. Judges will need better training and resources to move with greater speed and expertise to bring cases to conclusion. And laws need revision to ensure that, when convictions result, there are meaningful sentences or fines.

Underpinning these reforms, Canada needs tough, transparent auditing. This doesn't mean international financial reporting standards, which Canadian auditors are pushing Canadian companies to adopt by 2011. The existing system, Canadian generally accepted accounting principles, is hardly without faults, but with refinements, it would give investors much more confidence that Canadian companies' books are uncooked.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.

Worth mentioning

Penguin eggs off the menu

Once the "delicacies of the Antarctic," fresh seal brains, penguin eggs and grilled cormorant are off the menu at research bases where chefs rely on imported and often frozen food.

"You have to use what you've got in the store. Frozen stuff, tinned stuff and if youre really desperate the dried stuff," said Alan Sherwood, a widely praised chef at the British Rothera base on the Antarctic Peninsula.

"We're now onto dried onions because we've run out," he said. "You can't just go out and buy some."

Rothera gets most of its supplies by ship twice a year — in December and March — with the occasional flight from Chile, and recently made conscious decision to pull the animals from his menus.

REUTERS

Quote of the Day

"When a million children die of malaria a year ... I don't think the economic crisis changes the moral value of those lives being worth saving."

— Bill Gates on supporting malaria research

Metro Online Poll Results

31% SAID YES	Do you support the Tory government's decision to run $64-billion deficit over two years?	69% SAID NO

Weigh in on today's question at metronews.ca

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Starbucks pulls peanut products
Starbucks has pulled all products containing peanut butter from its stores in the U.S. and Canada as a safety precaution, amid a U.S. salmonella outbreak linked to products from Peanut Corp. of America's processing facility in Georgia. **REUTERS**

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

New year **Playing with fireworks**

GABRIGE HO/REUTERS

A character wearing a firecracker outfit plays with a young shopper at a shopping arcade in Hong Kong yesterday, the first day of the Chinese New Year of the Ox.

$7B for infrastructure: Baird

There has never been a better time to fix everything that's broken in Canada.

Or that's what the economists say, and it seems the federal government agrees.

Yesterday, John Baird, minister of transport, indicated the government will invest $7 billion in infrastructure as part of the stimulus package to be unveiled today.

Of the $7 billion Ottawa has earmarked for infrastructure, the government says it will throw $1 billion toward green energy projects, which, according to Gauthier, would be a much needed investment, especially in Ontario where 80 per cent of the energy sources will expire within the next 20 years.

"(The government should) be able to put the shovel in the ground immediately. If it has to wait until 2010, that's probably too late."
Joe Martin

"You don't want to do this when the economy is running full steam," explains Pascal Gauthier, a TD economist, of the governments' timing. "It's better to do it if you can at a time like this when the private sector is in contraction mode. You don't want public expenditures to elbow out private investment."

That sentiment was echoed by Joe Martin, director of Canadian business history at the Rotman School of Business.

Canada 2009 Federal **Budget**

To get the most out of the taxpayer-funded $7 billion, Martin said the government should "be able to put the shovel in the ground immediately. If it has to wait until 2010, that's probably too late."

Benjamin Tal, senior economist at CIBC, predicts world governments will pump an additional $650 billion into global infrastructure in the next two years — building and rebuilding highways, roads, bridges, overpasses, water supply and treatment systems and more.

Spending money on infrastructure to stimulate the job market and economic growth is not a new idea.

"My first recollection of this issue was just over 50 years ago when the Diefenbaker government was elected for first time with a minority," said Martin.

"There was a recession. And there was a great deal of bitter complaining among the Conservatives that there had been no projects in infrastructure on the shelf to turn to in order to help stimulate the economy. This is not a new issue."

It is and was, as Martin points out, advancements in Canadian infrastructure, like the Trans-Canada Railway, that set us apart from the underdeveloped world.

TORSTAR NEWS SERVICE

70,000 laid off globally

LAYOFFS A tidal wave of layoffs washed across the world yesterday, sending tens of thousands of workers into joblessness as the global recession worsened.

REUTERS

Jeffrey Kindler, Pfizer CEO and chairman

Despite the corporate gloom, markets rallied on some of yesterday's other news: drugmaker Pfizer Inc. said it would buy rival Wyeth for $68 billion US.

Yesterday's layoff announcements, affecting more than 70,000 workers, started in Europe, with electronics maker Philips reporting 6,000 job cuts.

Dutch bank ING cut 7,000 of its 130,000 jobs, while European steelmaker Corus said 3,500 jobs would go worldwide.

In the U.S., heavy equipment maker Caterpillar said it would eliminate nearly 20,000 jobs.

Mobile service provider Sprint Nextel Corp. said it will cut up to 8,000 jobs. Retailer Home Depot Inc. said it will cut 7,000 jobs. And General Motors Corp. said it would lay off 2,000 workers at two assembly plants.

On the flip side of Pfizer's deal for Wyeth, Pfizer said it will cut 15 per cent of the companies' combined 130,000 workers — about 19,500 jobs. **REUTERS**

Business in brief

AUTOS General Motors will lay off 2,000 workers at two assembly plants and temporarily idle another nine plants in response to weaker demand.

ENVIRONMENT Wal-Mart wants to eliminate the use of phosphates in detergents and will require a 70 per cent reduction of the compound by 2011 in laundry and dish detergents sold in its Americas region. It also plans to cut packaging by five per cent by 2013 in the region. **REUTERS**

TSX rallies on banks and energy

MARKETS The S&P/TSX composite index climbed yesterday as rising European financial shares helped boost their Canadian counterparts, while a rally in oil prices powered the resource heavy index.

A recovery in beaten-down bank shares overseas helped set the tone for Toronto, as the index rose a modest 28.54 points, or 0.33 per cent, to 8,656.51 points. **REUTERS**

Gates Foundation posts big losses

NON-PROFIT The Bill & Melinda Gates Foundation has lost 20 per cent of its assets in the recession, but will still increase spending on global health, education and other causes this year, Microsoft founder Bill Gates said, noting the importance of helping society. Spending will increase from about $3.3 billion US in recent years to $3.8 billion US. **REUTERS**

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RRSPs right for everyone?

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q I am in my late 20s. I have never contributed to a Registered Retirement Savings Plan. This past December, I received a large bonus. I was advised to move all of it into a RRSP. Can I, or better yet, should I? Graham

A 'Tis the season for RRSPs. You cannot escape the media hype that overwhelms our radio waves, television screens and billboards with ads and promotions that encourage individuals to buy RRSPs. Is this a bad thing? Not necessarily so! Some individuals need the persuasion, encouragement, or motivation to save for their retirement.

This year will be more challenging than the past for financial institutions to get your RRSP dollar. Many RRSP holders have sat helplessly as their retirement nest continues a downward trajectory.

Regular contributors should focus not on "if" they should buy RRSPs but the type of investments they hold. Not many investors have experienced years of a no-growth stock market. Diversification maybe key in this market. Before contributing, determine if this money is for retirement or use in a year or two. The new Tax Free Savings account (TFSA) may suffice. Contact you financial adviser and get some feedback.

Reach Henry Choo Chong, CGA, at choochonghcga@yahoo.ca.

Bankrupt: Now what?

SmartCookies

smartcookies.com

"To avoid having to go down the bankruptcy road you want to avoid the vicious cycle of debt."

In today's economic climate, filing for bankruptcy is an unfortunate reality. However, before taking this drastic measure, it's important to understand the ins and outs of bankruptcy, your options and the long-term consequences.

What is bankruptcy?

According to Canadian law, bankruptcy is the act of legally declaring that you are unable to pay your creditors. When someone declares bankruptcy, a trustee appointed by the court oversees the bankruptcy process. This trustee acts as a negotiator on behalf of the person declaring bankruptcy and the creditor to try and ensure that both interests are looked after.

How does filing bankruptcy affect my credit score?

Depending on your circumstance and debt, a declaration of bankruptcy can remain on your credit history anywhere from six to 10 years. This means that you will most likely not be able to, on your own, obtain credit in any form; credit cards or lines of credit, car loans, mortgages, cell phones — you name it. A bank account is the extent of what you will most likely qualify for.

What are my options?

If you've exhausted all other options, it's a good idea to speak with a credit counsellor. Credit Counselling Canada (creditcounsellingcanada.ca) is a non-profit agency that offers free and confidential counselling. With a counsellor you will be able to review your current financial situation, explore options and find the best solution to your situation.

How can I work my way back from bankruptcy?

The first step is to change your spending habits. It's time for a complete overhaul to your financial life. You need to start living within your means, paying off that debt and putting money away for an emergency savings. And keep your eyes on the prize: Create a plan and make a vision board to map out where you need to go and how you are going to get there.

How can I avoid bankruptcy altogether?

To avoid having to go down the bankruptcy road you want to avoid the vicious cycle of debt. Pay all your bills in full or at least make more then the minimum payment, stay on top of your loans if you have any, start living within your means and begin to follow a spending plan. If you start to fall behind on bill payments, call your creditors and make a plan.

Visit smartcookies.com for more on creating a spending plan, cutting debt and keeping your credit score high. If you have questions or suggestions for the Smart Cookies, e-mail us at smartcookies@metronews.ca.

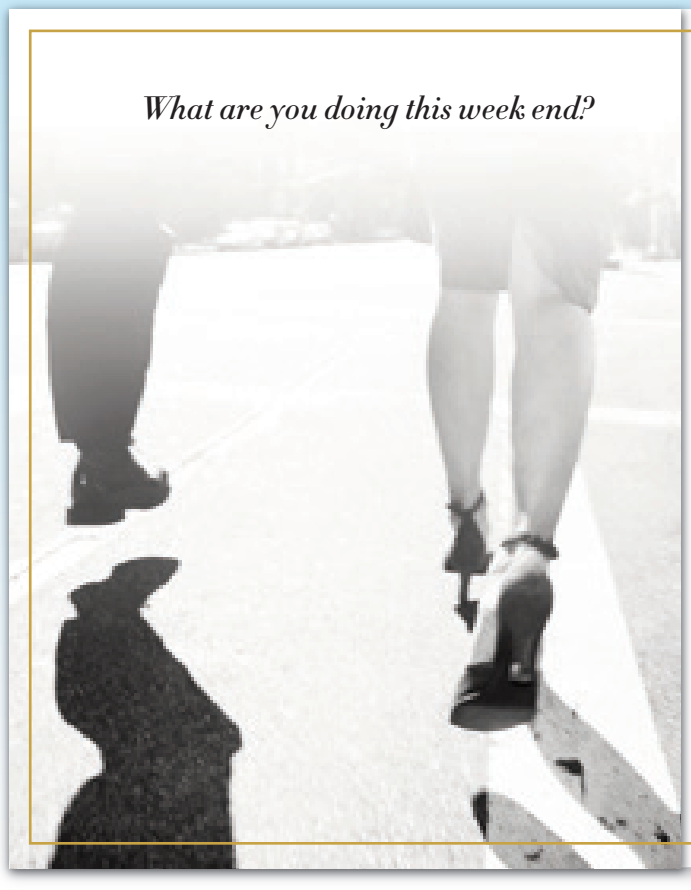
Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

What makes a good financial adviser? Read this week's column at metronews.ca

AIR CANADA VACATIONS



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How Canadians can turn a turbulent 2009 stock market into massive profits

"I've made money in every kind of market — up, down, and sideways. Let me show you why today's volatile market is ideal for investors."

George Fontanills, founder of Optionetics, is a Harvard-educated, internationally renowned best-selling author, money manager, and options trading expert.

Canadian jobs are up by record numbers one month and down by record numbers the next. Home sales fall, but homes prices rise over last year. Battles rage in Parliament. Recession hits some industries hard, while others escape. From Vancouver to Toronto to Wall Street, little wonder the markets are volatile… up 100 to 200 points one day, and down 100 to 200 points the next. Most investors think you can't make money in markets like this. But I do it every day, and I can show you how.

THE SECRET IS OPTIONS

Let's face it. For most people, buying a stock is a one-way street. They buy and hold the stock, hoping it will go up. But the smart investors know there's a much better way to profit in the market. In fact, they love the massive volatility of today's market because that's where the massive profits are made.

MARKET VOLATILITY WORKS TO YOUR ADVANTAGE

As the Canadian and global markets react to an economic meltdown and ensuing political battles, today's extreme volatility in the financial markets could become the new norm. Many investors have pulled out. But you can't make money sitting on the sidelines. It is time to change your investment strategy to one that can succeed in unstable markets.

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You're invited to attend my award-winning FREE Optionetics workshop. It will change the way you look at the stock market forever and show you the tools you need to protect your investment the same way I do.

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- Discover strategies once reserved for a small group of industry traders.
- Understand the market's hidden factors better than current investors.
- Learn to control stocks without the expense or risk of buying them.
- Discover practical techniques for making more money in this type of market.

Who Should Attend

- Investors looking to minimize risk and protect profits
- Investors looking to diversify
- Retirees in need of extra income
- Investors looking to salvage their investment portfolio
- Anyone who has been hammered in today's market

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— Miroslav Kavicky
Peachland, BC

"The seminar was very important, worth the money, and very necessary. I made $10,000 in profits in less than two weeks!"
— John Pardo
Victoria, BC

"One of the things I love about Optionetics seminars is that I learn something new at every one. Best trade ever was a call on Amgen for a 250% return."
— Allreza Givehchian
Calgary, AB

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Debt-management tip
Consolidate your debt by rolling all of your payments into one. It makes setting up an automatic monthly or biweekly payment much easier. **NEWS CANADA**

Financial Planning

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Realistic goals key to creating budget

ERIC EMIN WOOD
for Metro Canada

As Canadians' savings remain adrift in the economic doldrums, now might be a good time to revisit the B word: Budget.

"Budgeting used to be a four-letter word," says Julie Jaggernath, director of education at the Credit Counselling Society of Canada. "We encourage that word to be 'plan,' but lots of people had other four-letter words for it."

When creating a budget, the most important step is to set a goal that's realistic. "Think about a budget like a diet," says Laurie Campbell, executive director of Credit Canada. "You know how you always get people, especially at the beginning of January, saying, 'Oh, I'm going to lose 100 pounds within the next year?' It's not realistic. And because it's not realistic, they get turned off, and stop dieting or throw away their goal."

Next, says Jaggernath, make a list of your monthly earnings and expenses. "What are you bringing in, what do you need to buy?" she says. "One thing we often tell clients is you can have a lot of things that you want, (but) you can't have everything you want." Include yearly expenses, "things like your Costco membership, your kid's dance lessons, haircuts, holiday spending," Jaggernath says.

Give yourself some flexibility in your budget, says Campbell. "Let's say you buy your lunch everyday at work," she says, "and you look at your budget and think, 'I can't afford to spend $7 a day at work.'" Campbell's suggestion: Bring your lunch three days a week and eat out twice. "If you have to bring your lunch five days a week when you're used to eating out everyday, chances are after two weeks you're going to (say), '(Forget) this, I hate it,'" she says.

Remember to set aside some extra money while paying down debt, says Jaggernath. Otherwise, hard work can fly out the window during an emergency, "whether it's a wedding or the roof goes," she says.

Finally, don't discount the role of good old-fashioned common sense. "Don't go grocery shopping on an empty stomach," says Jaggernath.

Visit creditcounsellingcanada.ca/member_agencies to find a non-profit credit counselling agency near you.

Remember to set aside extra money while paying down debt, experts advise.

Now is the time to implement a spending freeze on everything you don't need, says Robert Abboud, certified financial planner.

Time to save for future

BRIAN TOWIE
brian.towie@metronews.ca

Hopefully, you've been diligent in putting away a little something for a rainy day, because when it rains, it pours.

Layoffs and pay cuts are two of the many challenges Canadians face during the current economic downturn, but many haven't changed their bad spending habits. An RBC poll released in May 2008 found that 43 per cent of Canadians are maintaining their spending habits, while 20 per cent spend even more. Eighty-three per cent said they don't save as much as they would like, and 55 per cent have only one month's expenses set aside, while 24 per cent have three months' worth set aside.

The holidays were no exception, with national spending up nine per cent over the period, according to Robert Abboud, an Ottawa-based certified financial planner at Wealth Strategies. He adds that the economy has lived on borrowed time for years, and now the proverbial chickens have come home to roost.

"The party's over. It has been 17 years since our last recession. Time to snap into it, man, the reality has hit," he said.

"Canadians have to wake up and say, 'OK, if I don't have any income for the next three to six months, what am I going to do?' And if the answer is, 'I couldn't survive,' you're in trouble."

While you're still gainfully employed — and most Canadians still are — now is the time to prepare for the worst, Abboud said. Pay down your high-interest credit cards and implement a spending freeze on everything you know you don't need.

"Credit cards are not viable backups if you have no job."
Robert Abboud

You may want to earmark some cash for an emergency cushion of at least six months — not an easy target, according to Abboud, who notes it takes two to six weeks for Employment Insurance to arrive, and even then, it may not match your salary. If you're financially disciplined and you feel the need, you can apply for a line of credit with your bank, which is virtually impossible to do if you've lost your job.

"You want to prepare by paying down debt and building up cash," Abboud said. "But from a savings perspective, it's a great time to be either continuing your monthly savings plan or starting one up, especially if you have job security."

The times don't bode well for those prone to use plastic, as many still do. The RBC study found 65 per cent of those polled view credit cards or lines of credit as an emergency backup — a disturbing number, according to Abboud.

"Goodness gracious," he said. "Credit cards are not viable backups if you have no job. A line of credit is the worst that you should do. It might have a seven or eight per cent interest rate, certainly not 18 to 26 as a credit card might. People need to stop thinking about the plastic and start thinking about the cold hard cash."

Beware of scripted advice from advisers: Expert

RAFAEL BRUSILOW
for Metro Canada

Picking the right investment adviser can often make the difference between watching your money grow and seeing it circle the drain.

Tom Hamza, president of non-profit organization Investor Education Fund, which promotes investor and financial literacy, says to beware of advisers who have scripted answers and don't appear to listen to you, as well as ones who try to sell you on lesser products sold by their own company. Look for advisers who can offer a wide range of products.

Once you've found an adviser, don't just dump your money and sit back — you have to take an active role in managing your investments.

"You have to be consciously involved saying, 'These are the financial goals I have, I'm going to monitor them with you and we're going to work together.' You have to question what (advisers) are doing and you have to hold the results they're giving you to the fire," Hamza said.

Don't get caught up solely in how individual stocks within your portfolio did either — you have to look at the big picture. Ask your adviser to give you a comparison of your own portfolio versus how the market did overall. A return of six per cent on an equity fund in a market that went up an average of nine per cent is not good; on the other hand, getting that six per cent return in a market that only averaged four per cent is respectable. While you shouldn't expect miracles from your adviser, you should expect good results you're happy with.

While times are tough, Hamza says investing now can be a great chance to pick up some bargains as long as you think long-term. "Markets are down and things are cheaper than they were. Are they going to go up in the long run? Statistically, yes, they always do. There's no reason to think humanity has stopped progressing economically," Hamza said.

Take an active role in managing your investments, experts say.

Another Cowboys' reality show

The Dallas Cowboys' Terrell Owens will star in his own reality show this summer. VH1 announced yesterday the series takes place in the off-season. Owens' friends Monique Jackson and Kita Williams will work as his "matchmakers and therapists." Former Cowboy Michael Irvin will also have a reality show. **METRO NEWS SERVICES**

Sports

"Back in 2004, at first Rodriguez did his best to try and fit into the Yankee culture – his cloying, B-grade actor best."

Excerpt on Alex Rodriguez from Yankee Years, the upcoming book co-written by former New York Yankees manager Joe Torre and SI.com writer Tom Verducci. SOURCE: ESPN

JOHN.CHICK@METRONEWS.CA

CFL-reject leads Cards' D

NFL
Super Bowl
XLIII

It happens, oh, every 20 years or so. A player joins a CFL team, stinks, gets released, is waived through the league and becomes an NFL star.

Take Bertrand Berry, for example. At 33, Berry is largely responsible for his team's stunning ascent to Sunday's Super Bowl.

YorkReport

Marty York

marty.york@metronews.ca

There are no ifs, ands or buts about this. Were it not for his team-high seven sacks and exceptional efforts at defensive end, the Arizona Cardinals would not be in Tampa Bay this week preparing to face the Pittsburgh Steelers for NFL supremacy.

It's bizarre, frankly, since the Edmonton Eskimos soured on Berry after a mere two games in 2000. In eight quarters, Berry recorded one tackle and no sacks.

In the inferior CFL, he was both inconspicuous and incompetent.

So into the scrap heap he was dumped, practically penniless, deemed a has-been and a never-was simultaneously. And, yet, for the past four seasons, Berry has terrorized NFL opponents and the Cards rewarded him with a five-year contract worth $25 million US.

Bertrand Berry played in Edmonton in 2000.

"I remember him disliking Edmonton," said Berry's agent, Greg Williams, "but I'm also sure his time there motivated him. He wanted so badly to make it in the NFL."

He has. Big time. He's a discard leading the Cards' defence and wise NFL observers suggest Arizona can't prevail Sunday if Berry turns in a lemon.

• Canada's professional football championship will be decided on Albertan grounds the next two seasons. I'm told the CFL will announce formally within a week or so that Edmonton has been awarded the 2010 Grey Cup game. This year's Cup will be played in Calgary ... The Oakland Raiders plan to hire a new offensive co-ordinator soon, and atop their wish list is Marc Trestman, who led the Alouettes to the Grey Cup game in Montreal last November in his one and only season as a CFL head coach ... Als quarterback Anthony Calvillo, the CFL's premier player last season, is eligible for free agency Feb. 16 and will decide shortly whether to re-sign with the Als or retire. If Trestman jumps to Oakland, Calvillo might retire after 15 CFL seasons ... Grey Cup ticket prices have risen dramatically. They ranged from $84 to $274 in Montreal. They'll cost between $195 and $370 in Calgary this year. "I don't think this (is an issue)," said Calgary Stampeders president Scott Ackles, who may or may not know there's a recession ... Don't be surprised if ex-Winnipeg head coach Doug Berry joins the Esks soon as offensive co-ordinator ... Ex-Toronto Argonauts head coach Gary Etcheverry is the Saskatchewan Roughriders' new defensive co-ordinator ... Stamps scout John Murphy is the Blue Bombers' new general manager.

• In baseball, ex-Blue Jays superstar Roberto Alomar will join Toronto's spring-training staff and will coach infielders. Alomar hopes to follow in the footsteps of his father, Sandy Alomar Sr., and become a full-time coach. And the Minnesota Twins are close to signing Canadian Eric Gagne as a setup man for closer Joe Nathan.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Lots of 'za

• Papa John's in the U.S. expects to sell about a million pizzas Sunday. The company has calculated that a million pizzas lined up side by side would cover the distance from Phoenix to Tampa Bay 13 times, and from Pittsburgh to Tampa Bay eight times.

This Saturday **Hockey Night in Langley**

PHOTO COURTESY KEN DIGNESS

The Langley Lightning AAA girls hockey team will be introducing the pre-game show of this Saturday's broadcast of CBC's Hockey Night in Canada. The Lightning won the honour after entering and winning a contest sponsored by Scotiabank.

Nash named Whitecaps captain

SOCCER Veteran midfielder Martin Nash has been appointed full-time captain of the Vancouver Whitecaps.

Nash, 33, is entering his ninth season with Vancouver and 15th in professional soccer. He's missed only six of 164 games in the past five seasons, three of which were due to Canadian national team commitments.

"Martin was a natural selection," Whitecaps coach Teitur Thordarson said in a statement. "Last year, he took over the captaincy for a handful of games and it appeared to affect his play in a positive way. He is well respected for his qualities on and off the field, and in particular, he is very good at sharing his knowledge with younger players."

Nash is the younger brother of Steve Nash, all-star guard with the NBA's Phoenix Suns.

METRO NEWS SERVICES

Sports in brief

NHL The Los Angeles Kings' Dustin Brown, the Edmonton Oilers' Alex Hemsky and Carolina Hurricanes goaltender Cam Ward are the NHL's three stars of the week. Brown scored game-winning goals in consecutive road contests. Hemsky scored two goals and two assists in his lone game last week a 4-3 win over Columbus. And Ward blocked 67 of 68 shots to help Carolina earn two road victories.

MLB Andy Pettitte and the Yankees agreed Monday to a $5.5-million US, one-year contract that brings him back to New York. The veteran left-hander can make an additional $6.5 million in performance bonuses and incentives based on time on the active roster.

METRO NEWS SERVICES

SOCCER Speculation is now rife that David Beckham, who joined Serie A side AC Milan during the MLS off-season, will stay in Italy beyond March despite his constant denials.

REUTERS

On-the-go freshness
Stay fresh throughout the day with Dove's new body mist sprays, available in three scents: Nectarine and White Ginger, Grapefruit and Lemongrass and Cucumber and Green Tea. The 89mL bottles, $3.99 each, are a perfect travel size. Available at most drug stores. METRO NEWS SERVICES

Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

New pill option

Yaz may help reduce common menstrual symptoms

CELIA MILNE
for Metro Canada

Gen Y women want more than just the pill. They want to feel fine, which is why some are turning to Yaz, a new birth control pill that may help women feel better during their period.

Recently approved by Health Canada, Yaz is a combination birth control pill that contains both an estrogen and a progestin.

It is essentially a low-dose oral contraceptive that offers a shorter hormone-withdrawal phase than other pills. While traditional pills provide 21 days of active hormone followed by seven days of placebo (21/7), the Yaz regimen is 24/4. The shorter time without estrogen can reduce symptoms such as headaches, cramps, bloating and breast tenderness.

"I would say the vast majority of women do have symptoms," Dr. Vivien Brown, a family doctor in Toronto, Ont., told Metro. "As a family doctor, in my office I often see women who have missed work or school because their periods are very intense and uncomfortable."

Yaz provides only four days off estrogen, so there are fewer symptoms of withdrawal. While the number of days taking estrogen is greater with Yaz (24 versus 21 in traditional pills), the overall dose is smaller than with most pills, says Brown. "For the average women, this is a great choice. For some women, it is a wonderful choice," she says.

"As a family doctor ... I often see women who have missed work or school because their periods are very intense and uncomfortable."
Dr. Vivien Brown, family doctor

According to a survey by Harris/Decima, this is exactly what 77 per cent of young women (age 16 to 22) want in a pill: Safe birth control plus a reduction of symptoms they get around the time of their period — menstrual cramps, headaches and sore breasts.

Another bonus is that Yaz contains a special progestin called drospirenone (DRSP) which reduces signs of acne. While all birth control pills do this, "Yaz does this particularly well because of the progestin in it," says Dr. Brown.

Yaz has been available in the U.S. for several years.

Talk to your doctor to see if Yaz might be right for you.

ISTOCK PHOTO

Yaz birth control pills offer women a shorter hormone-withdrawl phase (of estrogen), which can reduce symptoms such as headaches, cramps, bloating and breast tenderness.

Yaz benefits

Like other birth control pills, Yaz may reduce the risk of:
- noncancerous breast cysts or lumps
- ectopic pregnancy
- endometrial cancer
- ovarian cancer.

SOURCE: YAZ-US.COM

Lip service: Treatments for your pout

JENNIFER MASSEAU
for Metro Canada

Clarins Extra Firming Lip and Contour Balm, 15 mL, $45
This lush-textured balm gives a shiny finish and nourishes sensitive lips with cold-pressed raspberry seed oil, which is rich in essential fatty acids and vitamin E to promote cellular renewal. At drug & department stores; clarins.ca.

Lancôme Paris Primordiale Lip Skin Recharge, 15 mL, $43
For silky soft lips, this perfume-free age-fighting balm reduces fine lines and delivers smoother texture on the lips and contour area with antioxidant botanical vitamin E and Gatuline, a gentle exfoliator. It also doubles as a lipstick primer. At drug and department stores; lancome.ca.

Nivea Lip Care Lip Effect Q10 Plus, 10 mL, $4
Plump up your pout with a dose of CoenzymeQ10, which is combined with soybean oil in this balm to stimulate cell regeneration, visibly enhancing lip volume. Calendula oil and shea butter give an added moisture boost. At drug stores; nivea.ca.

Olay Regenerist Anti-Aging Lip Treatment, 1.8 g, $30
Targeted to diminish the appearance of vertical lines in lips, this anti-aging treatment comes in a thin, stick-style applicator for precise application. "Micro-fillers" with vitamin E and hydrating peptides are intended to work their way deep within the lip surface for intense hydration and smoothing. At drugstores; olay.ca.

besthealthmag.ca
Best Health is now on newsstands. For more Best Health, visit **besthealthmag.ca**

For more information on lung cancer, keep smoking.

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Log on and exercise
If you are tired of pressing play on the same DVD workouts, this fitness trend may help: web-based, video-on-demand workouts. Fabscyberfitness.com is the first site in Canada to offer this service. **BEST HEALTH MAGAZINE**

Both parties add to breakdown

I want back the diamond necklace I gave you, all the love letters, oh, and my kidney please. Definitely not your typical divorce settlement item, but sure enough, Dr. Richard Batista, a Long Island, NY, surgeon wants his ex-wife to return the kidney he donated to her back in 2001. But he'll settle for $1.5 million in compensation instead. Big of him.

Batista alleged his wife began having an affair 18 months to two years after the transplant. She filed for divorce in 2005 and the settlement has been dragging on ever since. He says it's gotten so bad that he's been prevented from seeing their three young children for months at a time. That's why he took his case with his ex and his ex-kidney, public.

Divorce revenge is unfortunately common. Most people opt for simple things like smashing their ex's car, running up their credit card or posting naked pictures of them on the Internet. But giving your wife your kidney to save her life, one of the most loving, intimate acts one could imagine, and then wanting compensation for it in the divorce settlement tops the bunch.

I understand being angry and feeling betrayed, especially when you think you've been cheated on and betrayed, but acting on feelings of revenge is always a bad idea. Beyond the initial rush, it ultimately doesn't make you feel any better and it shoots your karma all to heck.

I understand being angry and feeling betrayed, especially when you think you've been cheated on and betrayed, but acting on feelings of revenge is always a bad idea.

Nevermind the example you set for your kids: 'Hey kids, if you love someone enough, you'd give them anything, even your own kidney but if they hurt you, be sure and squeeze everything you can out of them, including body organs, even if it might mean they'll die.'

And of course I don't condone cheating, but unless there's some kind of mutual agreement that outside action is okay, if you're absolutely happy in your relationship, who cheats? Obviously, on some level, this was not a happy relationship. Whether we choose to admit it or not, both parties contribute to a marriage breakdown. The blame may not be 50/50, but focusing on the math won't solve the problem.

Granted, whatever causes a split, you've shared a life together, and things should be fairly split when you, well, split. But, as far as I'm concerned, everyone should at least leave the table with all the body parts they showed up with.

Divorce revenge is common, but one recent case where a man is asking for compensation for a kidney he gave his ex-wife tops the bunch, says our columnist.

Not surprisingly, Batista's case isn't expected to succeed.

Imagine if it did. What's next? 'I paid for your breast implants; I want the money or the sacs of goo in your boobs.'

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Skin care goes raw

CELIA MILNE
for Metro Canada

PRODUCTS Building on the trend for raw food, you can now get raw skin care.

New in Canada is a line of raw and organic products developed in Salt Lake City, Utah. Livia Skin Care moisturizers, cleansers and toners contain no preservatives or harmful chemicals. They are chock full of ingredients such as organic aloe vera, organic witch hazel extract, horsetail plant, geranium, dandelion, sweet almond oil, lemongrass essential, and Ester-C. Livia calls them "nutrition for your skin."

Try Lemon Drop Moisture, Fresh Peppermint Exfoliating Cleanser or the Cucumber Spirulina Gel Masque. Livia product range in price from $35 to $74. For more information, go to liviaskincare.ca.

Left to right: Livia Apricot Enzyme Moisture ($50), Brightening Youth Serum ($32) and Green Tea Complex Toner ($35).

Mind-body weight loss connection

BOOK Author Stacey Grieve offers a different look at weight-loss with her newest book, Why Are You Weighting?, which was released just last week.

The book discusses the mind-body connection that comes with weight loss and offers readers a new method to lose those unwanted pounds and keep them off.

Grieve writes about how our bodies are pre-programmed to gain the lost weight back, but with her system this can be reprogrammed with no pain and deprivation.

Why Are You Weighting? is based on her own experiences as she struggled with weight loss in the past. Growing up overweight, she tried many diets over a 20-year period.

Her book is on sale at her website at whyareyouweightingbook.com for $21.95. **JOSEPHINE LIM /FOR METRO CANADA**

Workout videos on demand
If you are tired of pressing Play on the same DVD workouts, this fitness trend may help: web-based, video-on-demand workouts. Fabscyberfitness.com is the first site in Canada to offer this service. **BEST HEALTH MAGAZINE**

Flip, fluff & fly

The latest tools can get you out the door fast — and keep your hair in top condition

JENNIFER MASSEAU
for Metro Canada

GOLDEN TOUCH
Vidal Sassoon Answers 1" 24K Gold Plated Fine Hair Styling Iron, $21.
This curling iron is designed to help fine hair hold curls. (Delicate, fine hair actually needs higher heat to set curls that won't fall flat.) The barrel's coating contains gold for direct, efficient heat, and it has adjustable temperature settings. The result is long-lasting curls with bounce.

SPEEDY AND SLEEK
Toni&Guy 1" Super Sleek Tourmaline Straightener, $70
The ultra-slim design of this straightening iron makes it ideal for short hair or bangs. It reaches close to the roots easily, reducing the risk of scalp burns. It's built for speed, too: Tourmaline-coated ceramic plates heat up to 220°C in seconds, and the sleek, lightweight frame glides through hair.

FLAKE FIGHTER
Goody Styling Therapy Reduce Dandruff Copper Infused Styler Brush, $15
For healthy hair, start at the roots. According to Goody, copper is a natural bactericide, and the copper-plated bristles on this brush kill up to 88 per cent of the bacteria and fungus that cause dandruff.

SMALL BUT MIGHTY
Babyliss Pro Compact Nano Titanium Hairdryer, $100
It may measure only six inches (15 cm) from end to end and weigh a mere 14 ounces, but this petite blow-dryer packs 1,750 watts of big power. The internal heating grill is infused with nano titanium (a high-density metal with good thermal conductivity) and ceramic for speedy drying time, while an embedded ion generator reduces frizz and pumps up shine. Bonus: The ergonomic handle and light weight reduce wrist strain.

besthealthmag.ca
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All about ions

- Dirt and odours create positively charged ion molecules in hair, which make it dull, according to research by Dannyco, a leading hair-care appliances distributor. Negative ions counter these, helping to rid hair of impurities.
- Tourmaline, a semi-precious gemstone used for ceramic plates and coatings of many styling appliances, naturally emits negative ions.
- Another method is a negative-ion-generating microchip, used in blow-dryers. The benefits of negative ions: smoother, cleaner hair; reduced static and faster drying time.

BEST HEALTH MAGAZINE

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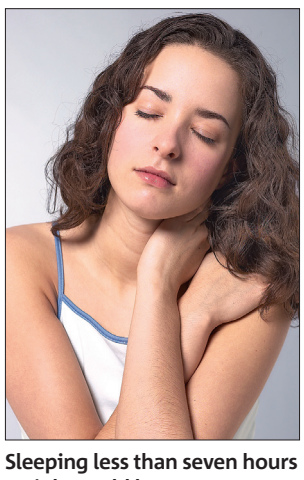

Sleeping less than seven hours a night could leave you more prone to developing a cold.

Less sleep can lead to more colds

CELIA MILNE
for Metro Canada

If you sleep less than seven hours a night, you're far more likely to develop a cold than those who slept eight hours or more.

Even more powerful, if your sleep isn't "efficient," you are more likely to develop a cold. Sleep efficiency is the percentage of time you actually spend sleep while lying in bed. If you have less than 92 per cent efficiency, you're 5.5 times more likely to get a cold.

The study, conducted in Pittsburgh, involved 153 healthy men and women from age 21 to 55. For two weeks, they were asked to keep track of their sleep efficiency and length. They were given nasal drops infected with the cold virus. Thirty-five per cent of them developed a cold that was clinically detected and another 43 per cent had milder cold symptoms. Those who slept less than seven hours a night were almost three times more likely to develop a cold than those who slept eight hours or more.

Dysfunctional sleep is thought to have an effect on the body's ability — at the molecular level — to fight against an invader such as the cold virus.

The study was published in the Archives of Internal Medicine on Jan. 12.

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In brief

BIRTH More than half of all caesarean deliveries are done by choice and more than a third are done too early, putting the babies at risk of breathing and other difficulties, U.S. researchers reported recently.

The study of 13,258 births found that the risk of complications doubled if an elective C-section was performed at 37 weeks, when the baby is classified as full term, instead of at 39 weeks when the American College of Obstetricians and Gynecologists (ACOG) regards the operation as safe. **REUTERS**

Paul McCartney could be getting married again
Former Beatle Sir Paul McCartney is reportedly set to propose to his girlfriend, New Yorker Nancy Shevall, now that her divorce has been finalized and McCartney's daughter, Stella McCartney, has given her seal of approval, the Daily Mirror is reporting. **METRO NEWS SERVICES**

Entertainment

Celeb stamps
Australia has unveiled a new line of stamps featuring Oscar winners (and Aussies) Nicole Kidman, Russell Crowe, Cate Blanchett and Geoffrey Rush.
INTOUCHWEEKLY.COM

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

Champion of the working man

BRYAN BORZYKOWSKI
for Metro Canada

You'll have to forgive Bruce Springsteen if it sounds like all he's talked about over the last eight years is George W. Bush. It's no secret that he detested the ex-president's policies and he campaigned vigorously for Barack Obama.

While some people might be turned off by the Boss' politics, if anyone knows what middle-class America needs, it's this rugged rock star. The legendary guitar slinger has penned a plethora of tunes from the point of view of the down-on-your luck dude, or the guy traipsing along the open road. One of his earliest hits, Born To Run, was about disillusioned 20-something's in search of the American dream, while Outlaw Pete, the first track off his new album, Working on a Dream, talks about a run-down character who can't escape his past.

Throughout his 35-year career, Springsteen's championing of the little guy hasn't wavered. Though, with Obama now in office, it sounds like life for Springsteen's America could get a little easier.

"You spend 35 years singing your songs about a place. And you see that place in things that people are doing in their communities from city to city on a local basis. But you don't see it on a national level," he told the Guardian recently. "So you work under the assumption that you have some small thing that you can do about it … And then something happens that you didn't think you might see in your lifetime, which is that that country actually shows its face one night, on election night."

Getting to this point, where he can feel good about the state of his country, has been a tough slog. Not only has America come a long way, but his own career has too. After struggling to obtain commercial success in the early 70s, the Boss had huge hits with a number of albums, including The River and Born In the U.S.A.

Near the end of 80s and the early 90s, however, he divorced his wife, hooked up with current partner and bandmate Patti Scialfa, dissolved the E Street Band to scorn from fans, and two albums, Human Touch and Lucky Town, failed to resonate with his followers.

Although he won a Grammy for Streets of Philadelphia in 1994, a changing musical landscape and a growing family — he has two sons and a daughter — took Springsteen out of the spotlight for a number of years.

But no one can keep the Boss down, especially when America's hurting. In 2002 he teamed up with his old band and released The Rising, a raw collection of tunes that centred around the aftermath of 9/11.

He followed that up with Magic, a scathing indictment of the Bush administration. Both albums were big hits, proving that you should never piss off Bruce Springsteen.

Now, though, with his country's future seemingly on the right track, he is noticeably more optimistic on Working on a Dream. Some might miss the angry Springsteen, but as he nears 60, it's probably a good time for him to finally relax too.

The new Boss

- Springsteen's new album Working On A Dream is available in stores starting today.

SONY MUSIC PHOTO

With U.S. President Barack Obama now in office, it sounds like life for Springsteen's America could get a little easier.

Kat Von D puts pen to paper in tattoo book

BRIAN TOWIE
Metro Canada

Getting a tattoo? Whatever you do, don't copy your favourite celebrities.

It's among the handy tips of tattooing dos and don'ts to be found in Kat Von D's new book, High Voltage Tattoo, a photo-driven compendium of one of the world's most notorious tattoo artist's previous work, artistic influences and childhood memories. The star of TLC show L.A. Ink and partner of Mötley Crüe bassist Nikki Sixx delves into the often misunderstood world of tattoo art and the stories behind her markings and those of her best friends and previous clients.

"It was a long time coming," says Von D (nee Katherine Von Drachenberg). "The show educates people about the tattoo world and the book is a more in-depth personal look at it."

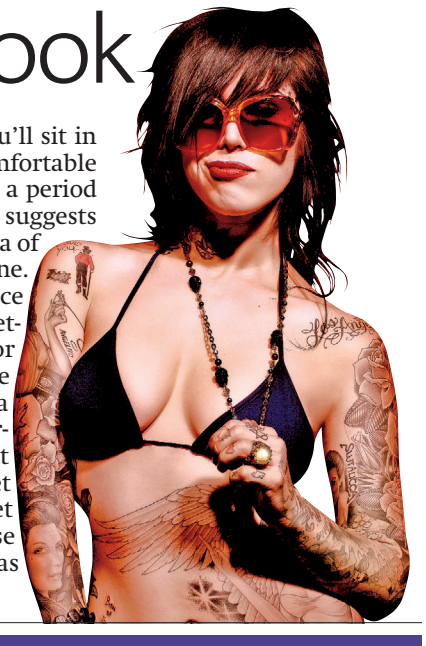
The Los Angeles-based tattoo artist and soon to be film star (appearing in 2009 vampire flick The Bleeding) has tattooed celebrities such as Jackass' Steve-O and Bam Margera among others. She showcases designs as elaborate and dynamic as something found in an art museum, from reproductions of Pablo Picasso's Guernica on the side of a torso, to more comedic works. Her personal favourites are two portraits of a friend's grandparents. Over the grandfather lies a banner saying, "Mona, get me a beer!" The grandmother's depiction replies, "Get it yourself!"

"Tattoos are a collaborative thing," the 26-year-old says. "The dynamic between artist and client is a pretty free one. The client comes in with an idea and they create a vision together."

The world of tattoos isn't all wild rock 'n' roll abandon, however. Von D says she's taken sharp criticism from purists in the business who accuse her of "selling out."

It's no cakewalk for a recipient, either. You'll sit in a chair in uncomfortable circumstances for a period of time, so Von D suggests you have a fair idea of what you want done.

"The best advice I'd give anyone getting a tattoo for the first time would be to have a 100-per-cent certain idea of what you want to get and not to get something because Nicole Richie has it," she said.



A behind the screens look at aliens, the paranormal and chilling predictions for the future.

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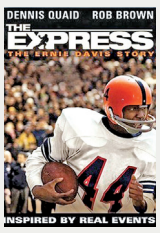
Michelle Obama may appear on Vogue cover

Michelle Obama is rumoured to be gracing the cover of Vogue in the upcoming months. The First lady has already been hailed many times over as a style icon and her outfit choices for the inauguration ceremony and ball proved her fashion credentials. **FEMALEFIRST.CO.UK**

DVD picks

The Express

Director: Gary Fleder
Rating: PG



THE TALE OF Ernie Davis, the first African-American to win college football's Heisman Trophy, can't approach the legend of baseball's Jackie Robinson (whose breaking of the diamond's colour bar is referenced more than once here).

This is not to demean Davis, whose life was shortened by tragedy. But it does limit how far director Gary Fleder (Kiss the Girls) and screenwriter Charles Leavitt (Blood Diamond) can go, especially since most of the action occurs in the late 1950s, before the civil rights movement took hold in the U.S.

Fleder and Leavitt stick to the formula basics, relying on good casting to see them through. Rob Brown (Stop-Loss) as Davis is the picture of the relentless striver, overcoming family struggles, blatant racism (football helmets also serve to deflect flying bottles) and physical limitations (he stutters).

Davis finds a surrogate father figure in Ben Schwartzwalder (Dennis Quaid, no stranger to inspirational sports movies), a gruff coach who persuades the young talent to join his Syracuse University team, even though the town is anything but a football Mecca. Once Schwartzwalder has Davis firmly under his command, he pushes him harder than the youth ever expected.

Aptly named, The Express plows through any subtleties of storytelling, ticking all the boxes of this genre. There's a little romance, a lot of well-choreographed football action and enough motivational speeches ("Don't you let anyone steal history away from you!") to fill a Dale Carnegie book.

Max Payne

Director: John Moore
Rating: 14A, Unrated

THERE'S A reason so many movies these days are based on video games and comics. Both media offer proven concepts and characters and are inherently visual — typically yielding movies that are accelerated, action-packed and stuffed with excessive eye-candy.

And then there's Max Payne, a game-inspired movie aptly named ... and, unfortunately, offering none of the above.

Mark Wahlberg plays Payne, a drowning New York cop who starts out by narrating his own imminent death à la William Holden in Sunset Boulevard.

This is not, needless to say, Sunset Boulevard. Nor is it really New York, the movie having been in shot Toronto and Hamilton, Ont., by director John (Flight of the Phoenix) Moore to save money.

This money was obviously otherwise spent on fake bullets. We know they are fake because no one but Max Payne ever hits anything, even with endlessly reloading clips — only bad guy Beau Bridges ever runs out of ammo.

TORSTAR NEWS SERVICE

Jackson working on Thriller: The Musical

SHOW U.S. pop star Michael Jackson will help develop his ground-breaking Thriller video into a musical theatre production, producers said yesterday.

Jackson's 1982 Thriller album is the world's biggest selling album and the theatre production will recreate the tale of the 14-minute horror film spoof based on the title song. In the video, a young couple are on a date when the boy — played by Jackson in the video — becomes a werewolf.

"This musical will be the exclusive Michael Jackson authorized version of Thriller and Jackson will participate in every aspect of the creative process," said the Nederland Organization, which has acquired the rights to the musical.

Michael Jackson

Thriller The Musical will include songs from Thriller and Jackson's 1979 album Off The Wall.

The Thriller video, featuring dancing zombies and horror film star Vincent Price, was first aired in 1983 and became a staple of MTV.

It was directed by filmmaker John Landis, who said it cost $500,000 — about 10 times the cost of the standard music video of the time.

REUTERS

Entertainment in brief

FILM John Rice, the screenwriter whose credits include Blown Away and Windtalkers, will make his directorial debut on Stan's Cup, a comedy set in the world of hockey. Written by Rice, the movie centres on a broken-down, once-great hockey player who gets a chance to fill his legendary father's skates by giving his hometown a pseudo rematch of the 1980 Miracle on Ice game against a Russian team of ex-Olympians. **REUTERS**

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metro Do it daily.

Ziggy Stardust returns
David Bowie is set to resurrect his Ziggy Stardust alter-ego. The Space Oddity rocker is in talks with California's Coachella Valley Music and Arts festival to perform his classic album in its entirety. **FEMALEFIRST.CO.UK**

Thursday night is up for grabs

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

WHAT'S THE BIG DEAL ABOUT THURSDAY NIGHT?
William Petersen's exit from CSI took a big bloody chunk out of the show's ratings for its first post-Peterson show last Thursday, when just 17.5 million viewers tuned in, as compared to the 24.3 million who watched the show the previous week.

To be fair, 17.5 million pairs of eyes isn't too shabby — it's over three million better than Grey's Anatomy, the second-place show, though as the L.A. Times pointed out, the ABC show beat CSI in the 18 to 49 demographic that's either vitally important to advertisers or increasingly irrelevant, depending on what "counting angels on the head of a pin" market analysis piece you've been reading.

What it means, however, is that what's considered the most valuable night of the primetime TV week is considered up for grabs again, and the big four networks are already circling each other, shivs drawn, like Sharks and Jets, at least according to another Times piece.

"Thursday is vital to the networks," writes Scott Collins of the Times, "because that's when movie studios and other big advertisers, hoping to lure consumers making weekend plans, are most willing to part with huge amounts of cash.

"Also, it's virtually the only night that can be consistently competitive anymore. The cable networks have increasingly grabbed viewers with original programming on Sundays, while during the second half of the season Fox takes the lion's share of audience on Tuesdays and Wednesdays with American Idol."

Fox recently moved Bones to Thursday to stake out some turf, while NBC's final season of ER constitutes a kamikaze assault of sorts, to try and get some attention before they turn the 10 p.m. slot over to Jay Leno's new show later this year.

SONIA FLEMMING/CBS

Lawrence Fishburne as Dr. Raymond Langston in a recent episode of CSI.

It's a tense little slapfight, but no one is looking like they're the clear contender to rule the night the way NBC did for so long.

Thursday was comedy night when NBC owned it, starting with The Cosby Show and Cheers in the '80s, and continuing through Must See TV before the turn of the millennium and the combination punch of Seinfeld and Friends.

ABC, who previously had little more than their Thursday Night Movie to bring to the fight, briefly stole the lead with Who Wants to be a Millionaire (apparently being considered for a revival with original host Regis Philbin), before CBS stepped over NBC's supine carcass with Survivor and then CSI.

The night is obviously worth fighting over — Seinfeld only drew just over 21 million viewers during its peak finale season, and Friends was drawing 24.5 million during the 2001-02 season, back before the TiVo revolution — which means that, on at least one night a week, people are still reliably rooted to their couches, remote in hand.

But if none of the networks can cook up anything better than graying procedurals and struggling shows shifted from other nights, viewers may decide that Thursday night is ideal for drawing down their PVR queue or getting a head start on their season box set marathons.

Rick McGinnis writes about music, movies, books and television, but not opera.

Flavor Flav brings Nite Tales to the small screen

TELEVISION Rapper and reality TV star Flavor Flav and filmmaker Deon Taylor have signed a deal to turn their BET movie Nite Tales into an anthology television series.

ETHAN MILLER/GETTY IMAGES

Flavor Flav

Nite Tales, described as "30-minute tales of irony and twists," originated with the BET movie that aired on Halloween and is set for DVD release Feb. 3 by BET, Paramount and Deon Taylor Enterprises.

The plan is for Tales to premiere this year as a weekly cable series. Taylor describes the new show as Tales From the Crypt meets The Twilight Zone, with Flav playing a role similar to Crypt's Cryptkeeper, as he did in the BET movie. Taylor also is planning a Tales movie every Halloween. **REUTERS**

60 Minutes lands hero pilot interview

TELEVISION The ongoing booking war between the networks erupted anew with the news that hero pilot Chesley Sullenberger will tell his story on 60 Minutes instead of NBC's Today. Except for brief remarks in his hometown of Danville, Calif., the public hasn't yet heard from the US Airways captain who safely landed a full Airbus A320 in the Hudson River after losing both engines as he left New York's LaGuardia Airport on Jan. 15. NBC said two days later that it had secured the first interview with Sullenberger, which would take place on Today. **REUTERS**

GlobalStyle

Kenya Hunt
metronews.ca/globalstyle

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VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (CC)		CBC News: The National (N)		The Hour
	255	358	6 JOY	E! News	The Insider	The Biggest Loser (N) (CC)				Ruby (CC)	Kimora: Fab	News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	American Idol (N) (CC)		(:01) Fringe "The No-Brainer"		Law & Order: SVU		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		Poltergeist: The Legacy		Scrubs (CC)	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Love & War" (N) (CC)		90210 "The Bubble" (CC)		Project Runway Canada		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Cold Case (CC)		Law & Order "Misbegotten"		(:01) Without a Trace (N)		News (CC)
	253	359	13 CITY	Law & Order: SVU		Privileged (CC)		Scrubs (N)	Scrubs (N)	Primetime: What Would		EP Daily
	-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 "The Bubble" (CC)		Privileged (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Love & War" (N) (CC)		The Mentalist "Seeing Red"		(:01) Without a Trace (N)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser (N) (CC)				Law & Order: SVU		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Extreme Celebrity Scandals		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Homeland Security USA (N)		Scrubs (N)	Scrubs (N)	Primetime: What Would		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Ski Patrol ★ (1990, Comedy) Roger Rose, Corby Timbrook.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	About-Money	Nova (N) (CC) (DVS)		Frontline/World (N)		Independent Lens (CC)		About Us
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol (N) (CC)		(:01) Fringe "The No-Brainer"		News (N) (CC)		Family Guy
	-	364	43 PBS	Frontline/World (N)		My Hero	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		Nova (CC) (DVS)	
	296	654	64 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Gibbons
	298	653	65 TLA	Two/Half Men	Two/Half Men	90210 "The Bubble" (CC)		Privileged (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		(:37) The Biggest Loser: Families (CC)			Will & Grace
news	502	390	26 NW	Politics With Don Newman		CBC News: The National (N)		CBC News: The National		Doc Zone (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Air Racing From London.		Hockey	UFC	Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	(6:30) Tennis Australian Open -- Men's and Women's Quarterfinals. From Melbourne, Australia. (Live) (CC)								SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Survivorman (CC)		Mantracker (CC)		Bounty Hunter	Bounty Hunter	Survivorman
	410	403	54 SCR	Score Tonight		Hardcore Hockey Talk		World Poker Crown		Final Score	Final Score	Final Score
	417	406	55 SC	Hot Import	Hot Import	NASCAR Pre.	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import
	416	409	144 GLF	Footballers	Legends	Gol TV News		Hallo Bundesliga		Paid Program	Art of Football	Gol TV News
family	552	543	25 YTV	Adrenaline	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach "After the Fall"		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN (CC)	6TEEN	Misadventures	Futurama	American Dad	Chicken	Gay Couple
	557	541	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Big Comfy
cable variety	268	354	5 KNO	Gardens	Recreating Eden Hatley Park. (CC)			Choir (Part 2 of 5) (CC)		Transsexuals in Iran		Prisoners
	575	583	20 CMT	Hope & Faith	Hope & Faith	Three Wishes (CC)		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Degrassi: TNG	Instant Star	The Shift		Pimp My Ride	Pimp My Ride	Technical Diff.	Video on Trial	Video on Trial
	600	564	29 H&G	Colin & Justin's Home Heist		Holmes on Homes (CC)		Sarah's House	Design Inc.	Pure Design	Style	Colin-Justin
	615	520	31 A&E	Manhunters	Manhunters	The Beast "Two Choices"		The First 48 (CC)		The First 48 (CC)		Manhunters
	628	584	32 SPKE	UFC Unleashed		MANswers	MANswers	CSI: NY "Wasted" (CC)		CSI: NY "Risk" (CC)		CSI: NY (CC)
	521	560	34 TLC	Toddlers & Tiaras (CC)		Jon & Kate Plus 8 (CC)		17 Kids-Count	17 Kids-Count	Toddlers & Tiaras (CC)		Jon & Kate
	616	522	39 SHO	The Outer Limits (CC)		Mutant X "Fool for Love"		Testees (CC)	Trailer Park	The L Word Flashbacks.		House "DNR"
	620	523	40 BVO	At the Concert Hall (N) (CC)		Law & Order "Possession"		Without a Trace (CC)		At the Concert Hall (CC)		The Blues
	601	562	41 SLC	End of Leash	End of Leash	ET Canada	Matchmaker	Date My Ex: Jo & Slade		Trading Spouses		Biggest Loser
	520	505	42 DIS	Toughest Race: Iditarod		Daily Planet (CC)		Destroyed	Time Warp	Toughest Race: Iditarod		How It's Made
	522	506	44 HIS	NCIS "Blowback" (CC)		Ultimate Engineering (CC)		Ax Men "Man vs. Mountain"		NCIS "Blowback" (CC)		Re-Inventors
	627	528	45 SPC	Destination Truth (CC)		Stargate SG-1 O'Neill. (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	47 TBS	The Office	The Office	10 Items-Less	Seinfeld	Sex and-City	Sex and-City	King	King	10 Items-Less
	619	525	48 TROP	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	52 FN	Good Eats	Good Eats	Iron Chef America (CC)		Challenge (CC)		The F Word		Good Eats
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
	320	621	60 CEN	Gone Baby Gone ★★★ (2007, Mystery) Casey Affleck. (CC)				Shine a Light ★★★ (2008) Mick Jagger, Keith Richards.				Spider-Man 3
	581	566	101 MTV	A Double Shot at Love (CC)		MTV Live	After	Next (CC)	The City	A Double Shot at Love (CC)		MTV Live
	261	394	102 V	I Prophesy	Supernatural	Poltergeist: The Legacy		Murder by Death ★★★ (1976) Peter Falk, Peter Sellers. (CC)				Paid Program
	-	-	109 MUL	Matchmaker	Mom's-Upset	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics' corner

The Mentalist
Patrick (Simon Baker) is so good at the mind games that he's easily mistaken for a psychic, but he goes up against a real one — or at least someone who purports to be one — in this episode. When a wealthy widow is murdered, her "spiritual adviser" (Leslie Hope) claims she had a premonition about it, but Patrick isn't buying that. He stages a seance in an effort to prove the psychic is a fake. Robin Tunney and Amanda Righetti also star in "Seeing Red." 9 PM on CBS

Wild Roses
The Henrys are learning the meaning of "too close for comfort." Maggie (Kim Huffman) is developing feelings for Dillon, but dating a guy who works for David (Gary Hudson) may not be the best idea, especially since David's drilling operation is putting the Henrys' herd in jeopardy. Lucy (Sarah Power) hires a mysterious stranger to work at the ranch in the new episode "Booms and Echoes." 9 PM on CBC

Oprah good choice for Obama's senate seat: Illinois governor
Scandal-scarred Illinois Gov. Rod Blagojevich had someone else in mind for U.S. President Barack Obama's vacant senate seat: Oprah Winfrey. Blagojevich told Good Morning America he thought the talk-show host and media mogul would be a good choice. METRO NEWS SERVICES

Celebrity Buzz

Kanye changes name in wake of fashion ad

BLOG POST Kanye West has changed his name, according to femalefirst.co.uk. The Stronger singer wants to be known as Martin Louis The King Jr. in future after being "forced" to adopt a new pseudonym following the launch of his new footwear range for Louis Vuitton, which was unveiled during Paris Fashion Week last week.

In a posting on his blog, the rapper said in a video message "to the world" that, "Due to what has happened — what has happened so severely when the red shoes hit the runway, I was forced to change my name to Martin Louis the King Jr. Address me as such."

Referencing T.I's Swagger Like Us, West ended the video by saying: "And until then I will be in the building, swagger on a hundred-thousand trillion."

Meanwhile, a blog post supposedly by West-saying he wants to try his hand at adult film is apparently the result of hackers, says the singer. The post, which got a lot of attention over the weekend, had West purportedly writing, "I'm open to doing porn. Hell, I'll even do bisexual scenes."

But the rapper insists the phony feature is the result of hackers taking over his MySpace and e-mail accounts. "I just gave the performance of my lifetime for our new president," West said in response to the breach. "Please, I beg you, give me a break! Just let me be great!"

METRO NEWS SERVICES

Franco grew fond of Milk moustache

ROLE James Franco liked the moustache he sported in Milk, femalefirst.co.uk reports. The Pineapple Express star portrays Scott Smith in the movie and says he was surprised to find he didn't detest his facial hair or costumes as much as he expected to.

He said: "I thought I was going to hate the moustache but I grew to kind of like it and the clothes aren't too far from what people wear today."

The actor shares love scenes with Sean Penn, who plays Harvey Milk — California's first openly gay elected official, who was assassinated — but insists he wasn't worried by the homosexual encounters.

He added to BBC Newsbeat: "Intimate scenes like that, whether it's with an actress or an actor, there's not a lot of discussion that goes on, you just kind of do it. So we just kind of did it."

METRO NEWS SERVICES

Kelly Osbourne back in rehab

FAMILY Recently engaged Kelly Osbourne has checked into rehab again, according to her mother, Sharon. "Yeah, Kelly's in rehab. What else can we say?" the tearful mother told radaronline.com. "She knew that it was the right thing to do at this point and we're proud that she did it. The family is all standing behind her. Kelly knew that she needed help and she's getting it." Intouchweekly.com says Sharon hasn't revealed why Kelly is in treatment again.

METRO NEWS SERVICES

Jessica sings for Romo

RELATIONSHIP Say this for Jessica Simpson — she doesn't hold back, people.com reports.

"I am so excited that I am going to see my boyfriend tonight," the singer told a crowd of nearly 30,000 fans at Radio 99.9 Kiss Country's annual Chili Cookoff Sunday at C. B. Smith Park in Pembroke Pines, Fla., where she shared the bill with Alan Jackson and other country stars.

Smiling, happy and hopping around the stage, Simpson, 28, performed a medley of her pop hit songs during her hour-long show, as well as delivered new songs from her first country album released last fall.

Simpson's rendition of You're My Sunday, from the country album, was dedicated to her boyfriend, Dallas Cowboys quarterback Tony Romo.

"My boyfriend is a football player, and he takes up my Sundays and now my Mondays," Simpson said.

METRO NEWS SERVICES

Miley over with Jonas feud

VIDEO In Miley World, there's no such thing as a Miley Cyrus/Jonas Brothers feud and she never wanted to give Demi Lovato and Selena Gomez a smackdown, says intouchweekly.com. In a candid video on her site, Miley said of her ex-boyfriend Nick Jonas, "I love Nicky. I do love him. I love Kevin. I love Joe. I love Frankie ... So everyone should back off the feud 'cause we're over it."

METRO NEWS SERVICES

Damon finds Bond 'repulsive'

PEOPLE Matt Damon thinks James Bond is repulsive, femalefirst.co.uk reports. The Bourne Identity actor — who played CIA agent Jason Bourne in three hit films — has lashed out at Ian Fleming's famous British spy, currently portrayed by Daniel Craig. He said: "He's repulsive. Bond is an imperialist, misogynist, sociopath who goes around bedding women and swilling martinis and killing people. The movies have a formula, they stick to it, and it makes them a lot of money. They know what they are doing and they're going to keep doing it."

METRO NEWS SERVICES

Blake will avoid Amy: Mom

RELATIONSHIP Amy Winehouse's jailed husband, Blake Fielder-Civil, has vowed to avoid all contact with the troubled singer, according to his mother — and may use one of her love letters to back up demands for a share of her fortune during divorce proceedings, people.com reports.

"Blake doesn't want a reconciliation with Amy now," Georgette Civil tells People, confirming a report in the British press that her son may use the letter to demonstrate how important he has been to Winehouse's career. According to British newspaper News of the World, which published excerpts of her handwritten letter, Winehouse, 25, promises in it that she will write new albums especially for Fielder-Civil, 26.

The newspaper adds that legal reps for Fielder-Civil — behind bars for assault and attempting to pervert the course of justice — will argue that he is entitled to half of his wife's estimated $15 million US earnings.

A rep for Winehouse refused to comment.

METRO NEWS SERVICES

Brangelina ready for more kids

COUPLE Brad Pitt and Angelina Jolie are "overdue" another child, femalefirst.co.uk reports.

The couple — who have three adopted and three biological kids together — will be adding to their brood in the near future, according to Brad.

He joked: "We average about two a year, so I guess we're overdue, aren't we?"

Angelina confirmed the couple are prepared to extend their family, despite only recently giving birth to twins.

METRO NEWS SERVICES

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Wednesday: Variable 5° / 3°
Thursday: Rain 90% 5° / 4°

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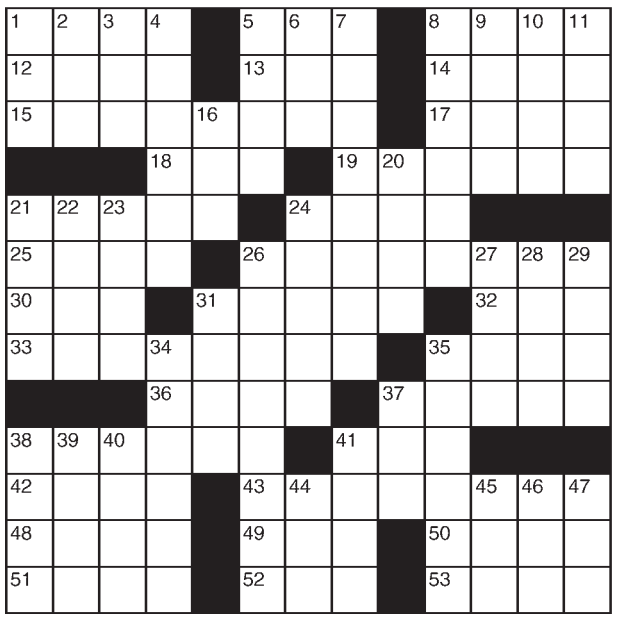
Take Five



Crossword across

1 Wide gap
5 Sleep phenom
8 Jerry Herman heroine
12 Culture medium
13 401(k) alternative
14 Surrounded by
15 Force the inclusion of
17 Ding follower
18 Consume
19 Detachable shirt front
21 Sacred song
24 Houston acronym
25 Uncomplicated
26 Lively folk dance
30 Detergent brand
31 "I see"
32 N.J. neighbor
33 "Hush!"
35 Witnesses
36 Shark variety
37 Journalist Alexander
38 Overnight flight
41 Seek damages
42 Finished
43 File transfer
48 Cherry type
49 NAFTA signatory
50 TV handyman Bob
51 Otherwise
52 Prizefighter
53 Verve

Crossword down

1 Tank fill
2 "Yecch!"
3 Southeast Asian
4 At will
5 Laugh-a-minute
6 Blunder
7 Kind of orange or collar
8 Wild and crazy
9 Wild and crazy
10 "Dibs!"
11 Nervous
16 Scenery chewer
20 "— It Romantic?"
21 Incubator sound
22 Ganges garment
23 Without delay, on a memo
24 "— People" (Frank Loesser song)
26 Installed
27 Notion
28 Hammer-head part
29 "Born Free" lioness
31 Aussie's greeting
34 Come out
35 Put aside
37 Baltimore newspaper
38 Judicial garb
39 Satanic
40 Lairs
41 Booty
44 Buckeyes' sch.
45 Tin Man's need
46 Carte lead-in
47 Sportscaster Dierdorf

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8						6	
	2	9		4		5	1	
7			3		1			8
		3	2		8	9		
		8	9		5	1		
4			7		3			9
	3	7		8		6	5	
	6						4	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

J	O	G	■	S	A	B	E	R
A	V	A	■	A	M	I	N	E
B	A	Y	W	I	N	D	O	W
■	■	■	A	L	E	■	C	R
G	L	I	D	E	S	■	H	A
A	I	R	■	D	I	E	■	P
P	E	W	S	■	A	S	S	■
S	N	I	P	S	■	P	I	C
■	■	■	N	O	T	E	■	L
H	O	S	T	E	L	■	E	R
U	G	H	■	W	I	N	N	E
B	R	A	■	E	D	U	C	E
S	E	W	■	D	E	T	E	R

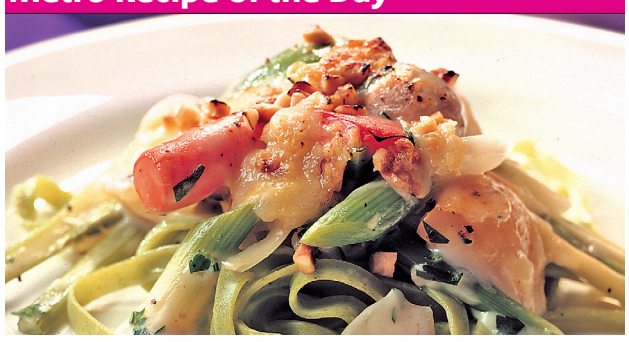
W	A	Y		7	3	6	1	5
I	R	A		8	5	2	3	7
N	E	W		1	9	4	6	2
T	A	N		6	8	5	9	4
■	■	■		2	1	7	5	6
R	I	S		3	4	9	8	1
I	S	A	O	4	6	1	7	9
E	C	U		9	2	3	4	8
T	E	R		5	7	8	2	3

9	8	4	2
6	9	1
5	1	3
1	2	8
4	8	9
7	6	5
3	7	4
2	5	6
8	4	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Baby Vegetable Fricassée

INGREDIENTS:
1 3/4-lb (750-g) mixture of young and baby vegetables such as broccoli, carrots, cauliflower, mushrooms, onions and pattypan squash or zucchini, etc
2 tbsp (25 ml) dry vermouth
1 bay leaf
2–3 fresh parsley stems
1 sprig thyme
Salt and black pepper
1 oz (25 g) Parmesan cheese, grated
2 tbsp (25 ml) whole-wheat bread crumbs

FOR BÉCHAMEL SAUCE:
3 tbsp (45 ml) low-fat margarine
3 tbsp (45 ml) all-purpose flour
2/3 cup (150 ml) 2% milk
3 tbsp (45 ml) low-fat sour cream
2 tbsp (25 ml) coarsely chopped fresh parsley

METHOD:
1. Prepare vegetables: Trim broccoli or cauliflower into small florets; top and tail carrots; slice mushrooms; quarter onions; halve pattypans or top and tail baby zucchini.
2. Put 2 2/3 cups (600 ml) water into large pot and add vermouth, bay leaf, parsley stems, thyme and salt and pepper. Bring to boil. Add vegetables, reduce heat and simmer 5 minutes.
3. Using slotted spoon, transfer vegetables to shallow 1 1/2-quart (1.5 l) flameproof dish. Set aside and keep warm.
4. Discard herbs and return vegetable stock to fast boil. Cook uncovered 10 minutes, or until it reduced by half. Preheat broiler.
5. For sauce, melt margarine in large pot and whisk in flour. Cook 1 to 2 seconds, then gradually strain in stock. Add milk and whisk. Bring to boil, reduce heat, and simmer 3 minutes. Remove from heat, stir in sour cream and chopped herbs, and season to taste.
6. Pour sauce over vegetables, sprinkle cheese and bread crumbs over top and place under broiler for 2–3 minutes, until topping is lightly browned. Serve hot.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Be calm with a caller who demands attention. Those in charge will raise your status. The simple pleasures won't be too difficult to obtain.

TAURUS
APRIL 21-MAY 21
Your promises can be relied upon. An inconvenient mistake will cause turmoil. You'll want to give up on a foolish notion.

GEMINI
MAY 22-JUNE 21
Your disinterest won't fix someone's failure. You must concentrate to grasp an idea. A scared man will be taken by surprise.

CANCER
JUNE 22-JULY 22
You can be strong when dealing with the down-hearted. Guide someone who feels lost. Telling the truth has unexpected results.

LEO
JULY 23-AUG 23
You must be careful while cooking. Someone's love life is challenged by a scandal. Stupid mistakes become a comedy of errors.

VIRGO
AUG 24-SEPT 22
Reconsider your anger over a minor irritation. Forgive an elder for a thoughtless remark. A puzzling ailment will break a bad habit.

LIBRA
SEPT 23-OCT 23
An unusual love story gives more satisfaction. Someone you know will cause less vexation. You'll be sensible enough to deal with a change.

SCORPIO
OCT 24-NOV 22
A man tells someone what to do. A travel arrangement must be altered. The extraordinary consequences of an action are felt.

SAGITTARIUS
NOV 23-DEC 21
Someone is infatuated with you. You'll see the truth in a relationship. Technical support influences a major decision.

CAPRICORN
DEC 22-JAN 20
A woman overhears you discussing personal matters. A creep tells a bad joke. Take strong action when someone whines.

AQUARIUS
JAN 21-FEB 18
Fight for justice and refuse to play by the rules. Harmful conditions are cast off and freedom is gained. Don't be anxious about becoming a pest.

PISCES
FEB 19-MARCH 20
You are going in the wrong direction. A buddy's honour is challenged. Someone starts showing you the right kind of attention.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Artificially color a deli bread (1)
2. 1966 "Alfie" actor Michael's aches (1)
3. Coral formation boss (1)
4. The upper crust use a backspace key (2)
5. Jittery start of tennis play (2)
6. Hardy's sidekick's ethical standards (2)
7. Citadel's female gatekeepers (3)

ANSWERS
1. DYE RYE 2. CAINES PAINS 3. REEF CHIEF 4. ELITE DELETE
5. NERVOUS SERVICE 6. LAUREL MORALS 7. FORTRESS PORTRESSES

1-27-09

This day in history

JAN. 27, 1870: The first women's fraternity, Kappa Alpha Theta, is formed at DePauw University.
JAN. 27, 1945: World War II: The Red Army arrives at the Auschwitz-Birkenau concentration camp in Poland.
JAN. 27, 1973: Paris Peace Accords officially end the Vietnam War. Colonel William Nolde falls, becoming the conflict's last recorded American combat casualty.
JAN. 27, 1996: Colonel Ibrahim Baré Maïnassara deposes the first democratically elected president of Niger, Mahamane Ousmane, in a military coup.

METRO NEWS SERVICES

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What's happening in BC hospitals as government cuts corners?

The BC government has hired private contractors to clean our hospitals and provide food to patients. But these contractors pay low wages, creating huge staff shortages and constant turnover.

Cleaning and food services workers aren't getting the training they need. And they don't have enough supplies and equipment to keep our hospitals clean and safe.

We need government to ensure that contractors pay a living wage and provide workers with more training and supplies – for cleaner, safer hospitals.

THE TRUTH IS:

The BC government created a crisis in our hospitals. Now they need to fix it.

HOSPITAL EMPLOYEES UNION CUPE

BCLivingWage.org